



**At the end of the lesson, the student will be able to:**

\* talk about how they manage to be content and happy in life despite the trials encountered; share tips on how to maintain a happy life.



\*To enjoy our lives we need to understand some basic rules. To do so may require more than a little time, patience and experience on our part, but the eventual payoff is well. Discuss the following situations:

## LESSON 1:

After winning an argument with his wife, the wise man will apologize.

- Do you agree with this? Why or why not?
- What do you think would happen if he did not apologize?
- Who is more likely to apologize, men or women?

## LESSON 2

“He’s the kind of friend you can depend on - always around when he needs you.”

- Is the man referred to a good friend?
- Do you have any friends like that?
- How should we deal with this kind of friend?



### **LESSON 3**

When I was in line to buy something at the department store, the woman in front of me was rummaging through her wallet. When she finally found her credit card and took it out, a slip of paper drifted to the floor. As I picked it up to return it to her, I saw what was written on it: "Sue", do you think this purchase is really necessary.

- Who do you think wrote the note?
- What was the purpose of the note?
- Does a credit card on a woman's purse give too much stress to a man?
- How is it different from a credit card in a man's wallet?

### **LESSON 4**

When none of my children managed to drop by my house for weeks, I was more than a little miffed. Eventually though, a visit was arranged. My husband admonished me not to cause hard feelings by complaining about their lack of attention, so I didn't say a word. I just had them fill out name tags when they entered.

- Why was she annoyed?
- What was her husband worried about?
- Was her behavior appropriate?