

meekness

yielding my personal rights and expectations with a desire to serve

meekness isn't weakness

Meekness: n 1: manifesting patience and longsuffering, 2: enduring injury without resentment, 3: not violent.

Maybe it's because it rhymes, or maybe because a meek person doesn't automatically retaliate. Many confuse meekness with weakness, but it requires tremendous strength to control your emotions.

Be honest about your feelings toward other people. If your chest still tightens when you think about someone, you are probably angry.

This gets more complicated when you feel like you should be "over it" or when a profound hurt causes

complicated emotions.

One thing that can create an emotional response is being criticized.

Instead of ignoring critics, defending yourself, or resisting change, find a way to learn from it.

Accept responsibility for what you can improve. Discern what is true about the criticism. Thank the other person for the feedback. Consider what this experience can teach you about how you should approach others.

Sometimes you can learn more from a bad boss than you can from a good one.

watch your words



Words can convey accusations, threats, and insults, or they can reinforce friendship, diffuse a tense situation, and share good advice.

Most of what we say to others isn't verbal. It comes through in our expressions, tone, body language, and actions. Pay attention to the nonverbal feedback you get from others.

Listen to yourself this week. Do you convey concern and caring? Do you genuinely want to encourage others?

"Who has a fiercer struggle than he who strives to conquer himself?"

-Thomas a' Kempis

"Anger: an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured."

-Seneca

meekness vs rage

meekness is:

- being slow to get angry
- not boasting
- not grumbling or complaining
- looking for ways to help those in need
- being willing to go last

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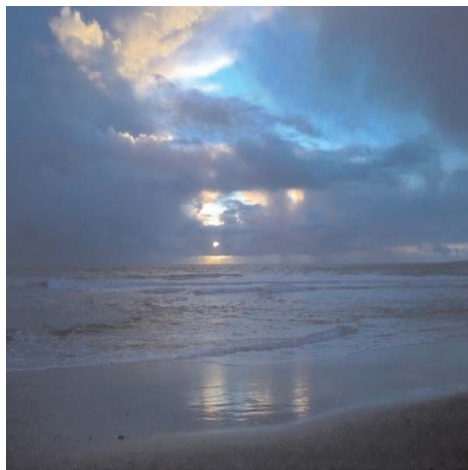
From the executive director

Won't you feature our word of the month in your organization's newsletter?

Newsletters and posters can be downloaded from our website at www.topekacityofcharacter.org.

This would be a great way to improve character in your business or organization.

Then you can post them to share them with co-workers, employees or family



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