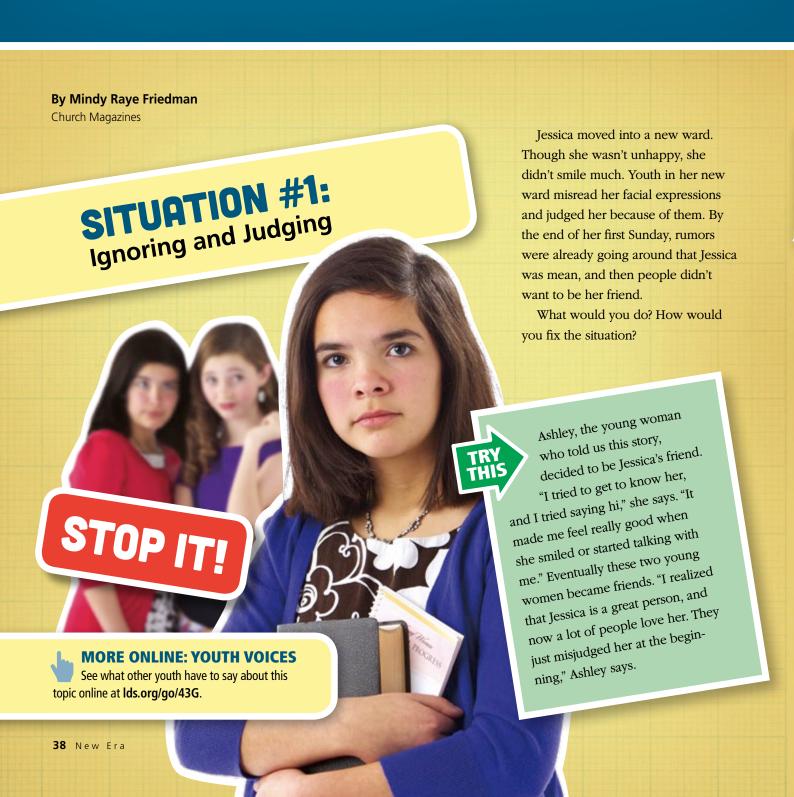
HOW WOULD YOU REACT?

You may have found yourself in some tough situations with gossiping, judging, and more.

Learn what you can do when it happens.



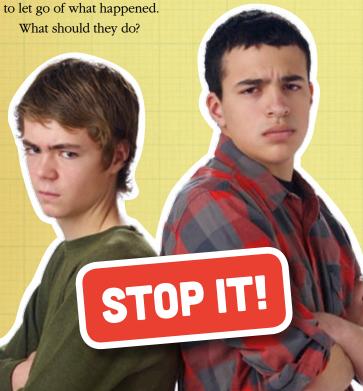
n the April 2012 general conference, President Dieter F. Uchtdorf, Second Counselor in the First Presidency, said: "[The] topic of judging others could actually be taught in a two-word sermon. When it comes to hating, gossiping, ignoring, ridiculing, holding grudges, or wanting to cause harm, please apply the following: Stop it! It's that simple. We simply have to stop judging others and replace judgmental thoughts and feelings with a heart full of love

for God and His children" ("The Merciful Obtain Mercy," Ensign, May 2012, 75).

How can you apply President Uchtdorf's teachings to your own life? Check out these examples of several Latterday Saint youth who shared their stories with the New Era (names have been changed). Then read or watch the full conference talk at lds.org/qo/43F and act on the promptings you receive while doing so.

SITUATION #2: **Holding Grudges**

Todd and Sam used to be good friends. Then they got in a couple of arguments. None of the arguments was over big things, but they disagreed with each other and each thought the other person was wrong. It was hard for them



After hearing President Uchtdorf's talk, Todd decided he needed to forgive his friend and let things go (see D&C 64:9-11). Every time he saw Sam, he tried to be nice and act like nothing was wrong. Eventually they both got over their feelings, forgave each other, and became good friends again.



TAKE THE SELF-TEST

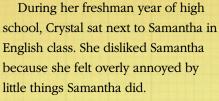
My dear brothers and sisters, consider the following questions as a self-test:

- Do you harbor a grudge against someone else?
- Do you gossip, even when what you say may be true?
- Do you exclude, push away, or punish others because of something they have done?
- Do you secretly envy another?
- Do you wish to cause harm to someone?

If you answered yes to any of these questions, you may want to apply [a] two-word sermon . . . : stop it!

Adapted from President Dieter F. Uchtdorf, Second Counselor in the First Presidency, "The Merciful Obtain Mercy," Ensign, May 2012, 76.

SITUATION #3: **Hating**



What should Crystal do?

STOP IT!

WHAT CAN YOU DO?

If you find yourself in any of these situations, here are some things you can do:

- Get to know people instead of just listening to what others say about them.
- **B**e nice to everyone.
- When friends gossip or say bad things, ask them to stop. Then change the subject.
- Apologize when you've made a mistake.
- Forgive others for things they've done.
- ▶ Recognize that everyone is different and that differences can be good.
- Speak kind words.
- Serve the people around you.
- ▶ Remember that everyone is a child of God.

Here's what happened: Crystal started talking to the young woman and got to know her. "She's just the sweetest young woman and so nice," Crystal says. "Now we're really good friends. For two months I just didn't like her, and then I realized how sweet she was. And I missed out on two months of knowing this amazing person!"

SITUATION #5: Ridiculing



SITUATION #4: Gossiping

you heard the rumors?

A young woman in Michelle's ward had made some bad decisions. She repented, but people in her ward and school judged her for her past mistakes. Wherever she went, the young woman's reputation preceded her, and many people gossiped about things she had done and even things she hadn't.

What do you think Michelle should do? What would you do if this young woman were your friend? What if

STOP IT!

Michelle decided she would be the young woman's friend no matter what people said about her. "I think people just need to give her a chance," Michelle says. "I was lucky to get to know her, and she is such a lovely person. I think it's unfair that people judge her before they even meet her. Once most people hear the rumors, they don't even want to be her friend. I think people just have to stop spreading rumors."

Cameron got braces during summer vacation. When he came back to school, some of his friends starting picking on him and calling him names behind his back.

What would you do if you were Cameron? What if you were his friend?

One of Cameron's friends told the young men to stop making fun of Cameron and then told Cameron that the others weren't being very nice. Cameron confronted the young men and told them he didn't think it was funny. They had thought it was a joke, but when they realized it hurt Cameron's feelings, they stopped. NE