



### Help Each Other to Stay Positive

My friends and I got bracelets, and every time one of us said something mean about another person, we would flick the speaker's bracelet. This was a good constant

reminder to keep our thoughts and words positive.

*Caroline J., 18, Utah, USA*

### Embrace Differences with Love

My friends must know that because we each have different strengths, we can benefit one another. In spite of people's imperfections, we must always have more love for them, and we must also believe in the power to change that is found in the Savior's atoning sacrifice.

*Esther M., 19, Kasai-Oriental, Democratic Republic of the Congo*



### Be an Example

The best way to do this is by setting the example. Take the initiative to say good and positive things about whoever is being talked about. You will be amazed

by how fast the conversation can change.

*Elder Eads, 24, Korea Seoul South Mission*

### Explain the Drawbacks

Tell your friends how many positive experiences and interactions with other people they are missing out on. Explain that saying curse words is not good because it distances you from other people and pollutes your mind. Plus, good people avoid you if you use bad language.

*Elisa Ferreira S., 16, Minas Gerais, Brazil*

*Responses are intended for help and perspective, not as official pronouncements of Church doctrine.*



## How do I know if I've fully repented?

**Elder D. Todd Christofferson** of the Quorum of the Twelve Apostles has taught that "repentance means striving to change" and that "real change may require repeated attempts." He has also said that "for our turning to the Lord to be complete, it must include nothing less than a covenant of obedience to Him," which is contained in the baptismal covenant and the sacrament (Oct. 2011 general conference). Full repentance also means making up for any harm you did to others. In addition, the Lord has said that a person who fully repents of his sins "will confess them and forsake them" (D&C 58:43). You should confess all sins to Heavenly Father and serious sins to your bishop as well. (When in doubt, talk to the bishop. He's there to help.)

After doing these things, a way to know you've fully repented is to see and feel the effects of repentance—changes in your desires, feelings, outlook, relationships, and behavior. And, most importantly, full repentance will bring the companionship of the Holy Ghost. **NE**

### Tell Us What You Think:

"I've been struggling with the same temptations for a long time. It's frustrating. How can I move past them?"

**Send your answer and photo by March 15, 2018.**

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*Responses may be edited for length or clarity.*