



Confident or Cocky – It Matters

Opening Exercise: “Famous Last Words” – It is great to be self-confident, but overconfidence can be a problem that can later lead to a downfall. As a group, review the following sayings and see if anyone can come up with an example (real or imagined) of how someone may say the following statements in a well-meaning manner, but then it can have a less than desirable outcome especially when someone has a cocky attitude. An example is provided to get you started:

“I got this” – Example – “Once when I was a kid we ordered a bunch of food at a takeout restaurant and it was ready to be picked up from the counter. Being cocky, I told everyone **“I got this”** and stated I could carry everything back myself, in spite of being only 10 years old. I proceeded to drop two trays of food all over the floor of the restaurant because it was way too much for me to handle on my own”

Pick from this list or come up with your own:

“I got this”

“This is no problem for me”

“I know what I need to do now”

“I can do this any time I want to, easy”

“I’m the best at this”

“I don’t need any advice”

“No problem, I don’t need any help”

“I am too good, there is no way I can fail”

“I’ll never get caught”

“He/she will never get rid of me”

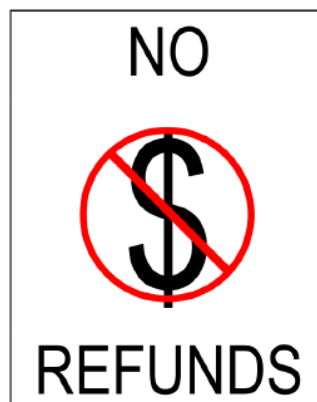
“I don’t need to listen to that...”

“Sure, I’ll just have one...”

Process as a group when done:

- What is wrong with being overconfident or cocky?
- Why don’t some people learn from their mistakes when it comes to being overconfident or cocky?

“Talk is cheap but still there are no refunds. You cannot save the receipt and get your money back because once you are done running your mouth, you still have to pay the bill.”

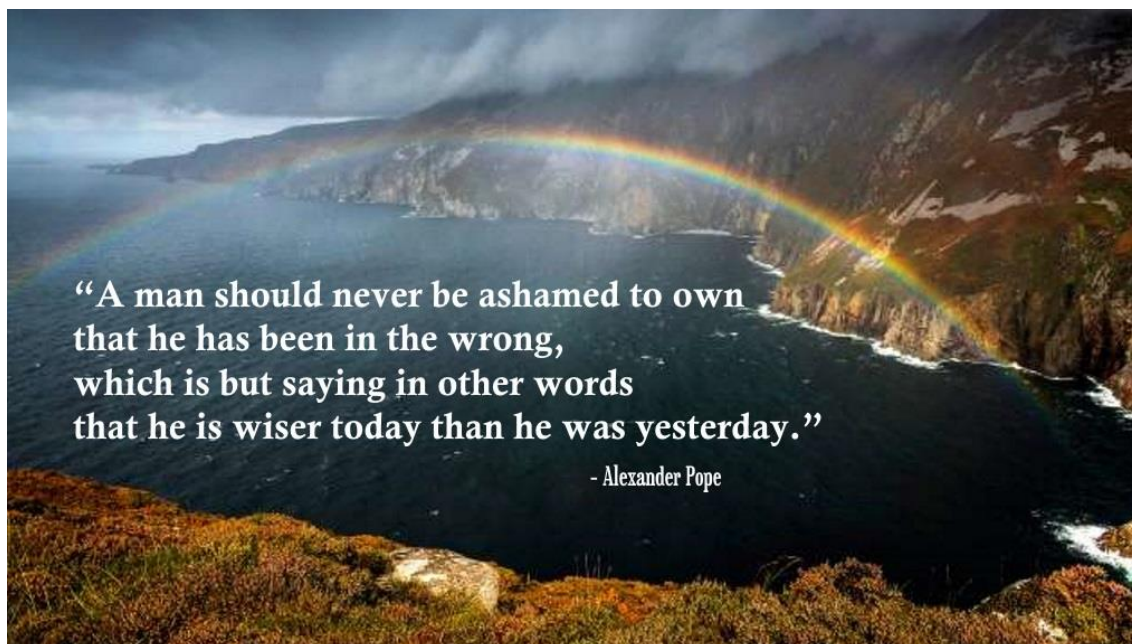




One main difference between being confident or cocky is humility

Humility has a lot of definitions – For the purpose of this discussion we will focus on one key aspect of humility and that is to be “**teachable**” – A person who displays humility (a humble person) is open to learning and does not always insist that they are right. Consider some important points about being humble or teachable. Discuss each one:

- ♥ **Everyone needs to work on humility** – If you find yourself saying “I am fine, I don’t need this” then you are probably misleading yourself and you aren’t very humble. Humility is an area that is a work in progress for everyone on some level
- ♥ **Life is a process of learning and growing** – If you insist you are right all the time, you can stunt your growth and stop at that point. Now and then everyone has to face the fact that they are wrong at times. It’s better to admit it when you are wrong and learn from it than stubbornly insist you are right anyway.
- ♥ **It can be helpful to consider the possibility that you may be wrong even when you “feel” right** – This does not mean you shouldn’t stand up for what you believe in, because you should. But, it means that in order to grow and learn, it can be helpful to consider the other side of the story in an open minded way. This may even help you grow in your own conviction. It is helpful to look at different perspectives
- ♥ **Get the facts straight – Do the research – Find the evidence** – There are some aspects of life where your stance should not waiver. Nevertheless, beliefs and views should not be based alone on feelings or hunches nor should belief just be rooted in tradition or habit. “This is how we have always done it” is a dangerous phrase that can stagnate growth. “I know I am right because I can feel it in my heart” also can be problematic because our feelings can be deceiving. It is much better to draw conclusions from valid sources of information and experience than from sentimental feelings or traditions
- ♥ **Avoid ignorance at all costs** – People make ignorant decisions often just because they want to be right or they feel right or someone else who is ignorant is guiding them in the wrong direction. Taking in knowledge, empathizing with others, and being self-aware helps prevent ignorance. Be careful who you listen too





Humility Worksheet – You don't need to come up with an example for all of these but for as many as you can answer: ***How have the following people been right in your life even when at first you didn't agree?***

Mom

Dad

Grandma

Grandpa

Aunt/Uncle

Sibling

Other Family Member:

Spouse/relationship partner

Friend(s)

Teacher

Coach

Book or other reading material

Counselor

Legal authority (Police officer, probation, parole, judge. etc.)

This group

Other?



Closing Group Exercise – Humbly Accepting Group Feedback

Directions: Take turns putting a situation out there to the group to accept feedback. Follow the rules and guidelines for accepting feedback.

First – Review the following rules and guidelines for this exercise:

Some samples of how to request feedback are provided below. You can use one of them or come up with your own:

- What do you think I should do about _____ (situation)”?
- What do you think is something I need to work on?
- How would you suggest that I handle _____?
- If you were me, what would you focus on?

Guidelines before asking:

- Don't make a request that may get you upset. Make sure you are ready to accept feedback
- Listen to the feedback. Don't argue even if you disagree. You are just taking in information and listening to different perspectives. If it doesn't apply, "let it fly", rather than get upset
- Before making any major decisions based on this exercise, speak with your counselor first. It is possible you could get some bad advice.

Guidelines to group members giving feedback

- Be constructive, not critical
- Be positive, not insulting or condescending
- Don't get revenge or focus on payback – If you don't like feedback someone else gave you, don't use your turn later as a chance to get them back by saying something mean in return