

## REWIND

**Can you give me an example when you \_\_\_\_\_ ?**

**SITUATION:** *An athlete was frustrated with a few of his teammates. He said, “It just seems like everyone my age is trying to be something they’re not to fit in and impress people and it’s creating a division within our team.” I asked:*

**“Can you give me an example when you tried to fit in and did something out of character?”**

“All of my teammates were getting designer shoes. I didn’t even know what they were. But suddenly, I thought I needed them. So, I got them and spent way too much money on them.”

**“What happened when you wore them?”**

“I got a lot of compliments.”

**“What impact did that have on you?”**

“It makes you feel good. Then you want to get more of something that you can’t afford.”

**“Isn’t it amazing that a pair of shoes can make you feel better about yourself?”**

“Crazy.”

**“Isn’t it amazing how subtle and strong other people’s approval can affect you?”**

“It’s a drug that you don’t even realize that you’re taking.”

**“What do you do with that?”**

“Realize how easy it is to fall into that superficial trap. Comparison can introduce you to so many thoughts that are unhealthy in all areas of your life. I don’t have this. Or, they have that. It fuels jealousy. And the irony, none of it matters. You should feel good about you because of who you’re becoming as a person, not because of what you wear.”

“What’s the takeaway?”

“If you let the outside world dictate what you value, you’re going to be weaker version of yourself. I’m developing the strength to not let that happen to me by learning from the mistakes I’m making on the smaller stages.”

**OTHER WAYS TO USE THIS QUESTION:**

- Can you give me an example when you said something that you didn’t mean?
- Can you give me an example when you compromised your values?
- Can you give me an example when you reacted negatively to someone who was trying to help you?