Searching for the Best in Me

Series No 2.

This series is dedicated to the students of Divine Word University or any other young person who might like to benefit from it.



Self-mastery Versus

Control from the Outside



Introduction

At the very beginning of creation God placed man and woman in control of everything; "subdue the earth and bring it under your control." (free transl. Gen1:28)

It feels good to be in control of driving a car, piloting a plane, steering a ship.

We like to be in control of our surroundings, in leading (controlling) positions of others, groups of people, be it family members, friend, fellow students, colleagues.

The motive of DWU: *sic currite ut comprehendatis* - run to win – reminds us to strive for the best and the highest with our Christian values. You can be the leaders of tomorrow: heads, managers, organizers, leaders, controllers of groups and organizations.

But who controls you, the person you are? Are you in control of yourself from deep within you, from your inner core?

Or are outside items like the bottle, alcohol, controlling you and your behavior?

The greatest challenge in life is to be in control of one-self – **self-mastery.**

Present situation

Although a zero-tolerance policy exists on the campus, many students still involve themselves with alcohol, even though they are aware of the consequences.

When you are under the influence of alcohol, you lose self-control and the ability to make further choices and decisions. You are likely to do something that you will regret at a later stage, such as verbal, physical and sexual abuse, including rape.

We all know of situations, where alcohol has led to serious injuries, accidents, even death.

Why would you risk, having to face the disciplinary board and be suspended for two years, thus possibly jeopardizing your future education and career, suffering the shame of facing family and friends and self-reproach when it is too late?

Research shows that alcohol can cause permanent damage to the brain, the liver, kidneys and different organs of the body.

Alcohol limits creative and critical thinking, as well as social refinements and attractions, qualities that you certainly need for the future.



Where am I in all of this?

- 1. Do I have a hard time stopping after 1 or 2 drinks?
- 2. Can I go without a drink while doing my study at DWU?
- 3. Do I drink when lonely, upset or stressed?
- 4. Do I feel the need to hide my drinking habits?
- 5. Do I ever lose consciousness or black out when drinking?
- 6. Do I drink at improper times or sneak alcohol when not permitted?
- 7. Does drinking interfere with my study or family or my ability to function?
- 8. Do family members or friends voice concern about my drinking?
- 9. Do I think I have a drinking problem?
- 10. What actions should I take to address my use of alcohol?

Adapted from: The National Institute on Alcohol Abuse and Alcoholism

How can I bring out the Best in Me?

Reflect and write down your own philosophy of life, your own goals and values you want to uphold - the very best in you.

Search for the best talents and skills you have, God's special gifts for you.

When you are tempted to drink, allow yourself more time to think first and to make the decision from deep within you. Remind yourself of the negative consequences of alcohol versus the self-controlled person you like to be.

Develop friendship and new hobbies with those who do not drag you towards alcohol but can build you up.

Join the support group against alcohol at Student Services.

Talk it through with any person who can bring out the best in you such a Pastor,

Chaplain, Counselor, or any trusted person who can support you in the struggle against alcohol and to strengthen the best in you.

The following persons are especially concerned to help you personally: Mr. Steven Menau, Dean of Men Mr. Andrew Tuka, Senior Lecturer Br. Stanley Bakere, Counselor, am Fr. Peter Hunter, Counselor, pm Sr. Mary Anthida Kueckmann, Counselor fulltime



Prayer

Dear Lord, you have created me in your image and likeness, with a clear mind, a healthy body and the freedom to direct my life. I thank you for it.

You have placed men and women in control of everything, but especially in control of themselves. I need your help to direct my life in the way you want me to live and serve you in this world, in this place where I am right now.

There are so many attractions from the outside, alcohol and others, and I am weak at times. Help me to strengthen my inner self, to stand my ground, to, develop a dignified personality, in short: to bring out the very best in me. Give me the strength and the courage to say NO in temptations.

You are my stronghold and my guide.

The Prayer of Serenity

God, give us grace to accept with serenity The things that cannot be changed, Courage to change the things which should be changed, and the Wisdom to know the difference.

Prepared by

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