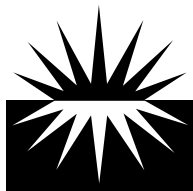


## Examples of the Law of Cause and Effect

- ☆ Doing homework improves grades.
- ☆ Open disrespect of others causes them to judge one harshly.
- ☆ Working hard and having a positive attitude at work results in raises and promotions.
- ☆ Flirting with others in front of a boyfriend or girlfriend can damage the relationship.
- ☆ Training off-season for a sport improves performance during the season.



Concerned about someone who does not seem to be learning about Cause and Effect?

Give this brochure to them.

We can offer our support but **must not** "bail them out" of the messes that their poor choices bring.

We want to make sure that we are not preventing them from learning by cushioning their naturally earned consequences.

HopeWorks: Email us at [hopeworks@snet.net](mailto:hopeworks@snet.net)

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### *Contributions to HopeWorks*

We rely on the generosity of people like you in order to continue offering our services. All contributions are very gratefully accepted.

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Inventory # PI:CC-CSFX    Workbook #1.5    7/2006

# Cause and Effect

*"Good judgment comes from experience, and often experience comes from bad judgment."*

Rita Mae Brown

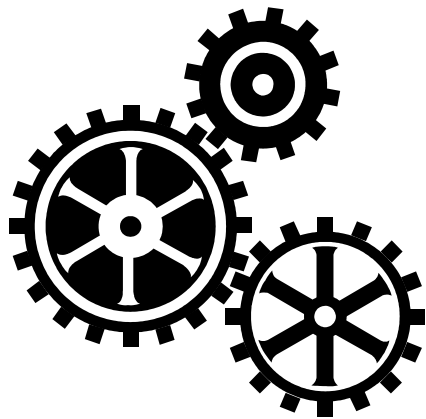


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*Providing hope and help to young people and their families through counseling and education*

How many people think about the impact of cause and effect in their lives? Basic to all learning is the reality that every action has a reaction. In life, what goes up must come down. All highs have a low.



So how do we apply this to our life? We must remember to ask ourselves "What is the likely outcome of my actions? What could be the downside?"

## The Law of Cause and Effect

Everything we do results in a reaction.

The law of Karma tells us that what we do will come back to us, for good or ill.

All actions have a ripple effect.



Once you have a good plan, stay on course. The ripples from past mistakes will even out over time.

*Life is much more difficult for those who do not learn from their mistakes.*



## Failure to Accept the Law of Cause and Effect Can Result In:

- ☆ Negative consequences
- ☆ Repetition of mistakes
- ☆ Feeling like a victim
- ☆ Blaming others
- ☆ Repeated failures

*Ask yourself:  
What have been the consequences of those times when I have not thought things through?*