

Transforming a Crisis

Thank you, Jack.

Good afternoon distinguished officials, Rotarians, and ladies and gentlemen:

Transform

• Transforming a Crisis

How many have heard the phrase, "Count your blessings"? *Opp. Adversity Count adversities too.*
Transforming a crisis means: Turning adversity into a blessing
~~Before we get into what that means~~, here are two themes:

Theme 1: Count your adversities (as well as your blessings).

Theme 2: Practice is important.

I want you to imagine these two themes up above me in big neon lights

Now, to continue.

Life

• Life involves facing adversity, sooner or later

Big adversity is called a crisis

Crisis can make you or break you

Little adversity we can handle

Deal with it every day,

But we ^{usually} don't appreciate it

Be in control

• Create adversity in small doses: create challenges

• If it exists, thrive on it: take adversity as a challenge

Use adversity to improve the way you live your life

Call it your coping behavior

ψ/2

• Psychology is study of behavior

Two types of behavior: outer and inner

Outer: See it, hear it.

Inner: Can't see or hear it.

Example. Something interesting or practicing my zombie blank stare?

LR₁

• OK, That was the tough part. Now let's have some fun.

I've got a prop here. See if you can identify who this is.

Pull out LR doll

React to crowd if necessary

I've liked the LR for a long time

One reason: He's not a super hero

Doesn't have super powers

Not invincible

HE HAD TO PRACTICE! And practice is important. (look up and raise left arm pointing to neon lights)

Everybody knows about the Lone Ranger, RIGHT?

How many have seen the B/W TV shows?

How many have only seen the cartoon (LR/Tarzan Hour)?

How many never heard of the LR?
Here is something I'll bet you didn't know

Why LR wears mask

Creates adversity that allows him to practice
Let's look at that. Here's a guy traveling around
He doesn't have to wear a mask, but he wears it
all the time!

What does it get him?

Whaaa? Masked! Yes, but I'm not an
outlaw.

Pull out Mask from bag, dangle, put it on
I'm in Phar-Mor; You're working at
McDonalds and you see me sitting in a
booth

I don't wear a mask but I do wear rather
small ties. Same principle. What I'm
saying is this is actual not theoretical. It
works for me.

Wearing that mask set up constant adversity,
preparing him for the rougher stuff

The CRISES when the really rottens hit

Other reason for wearing the mask.

Who do you associate with the Lone Ranger?

Pull Silver. I meant what person?

Pull ED Grimley from bag.

Right! Tonto! Doubling for

Tonto...Pull string

Pull Tonto from bag.

Other reason for wearing the mask.

Allows him to practice gunplay while Tonto
goes to town "My mask would cause questions,
Tonto. You ride into town and get supplies. I'll
stay here at the camp."

Not a superhero, had to practice

(look up left) Practice is important

So I think you can see why I like the LR

He knew the secret of creating adversity through which he could
practice, getting ready for the big crisis

He knew that practice was important

I also like Ed Grimley

You might think of him as a close-in non-example

Close in because he's following the neon lights (point up)

He counts his adversities

Give us a sample, please Ed (Hold Ed to mike & pull)

"That's a pain.."

"This is my luckiest.." That's a blessing

"I'm going completely mental.."

"This is like a joke.."

"Oh Give me a break.."

"I'm as doomed.."

It's nice being a ventriloquist. You can
control what the dummy says.

And he gets lots of practice

We call Ed a nerd. Why?

Because he counts his adversities out loud

So add in small twinkle lights

under "Count your adversities"

add "but make it inner behavior"

Once he counts them, he ^{substitutes talking} talks about them all the time
instead of doing something about them

Warning: Adversity trap

Inner behavior vs. Outer behavior

Good idea to keep adversity inner

Identify it & count it

Then deal with it

Don't just talk about it

Common problem

You're on a date; you're trying to come up with
something to talk about

You talk about adversities

You get big rewards because your date is
so glad you're talking

You continue the behavior that was
rewarded: You talk about your
adversities

You get married; You talk about your
adversities

You get divorced because you talked too
much about your adversities and now
you're really talking about them.

Handling a crisis is not something that comes easy, unless you practice.

[point up]

Practice by handling adversity

Count adversities as you'd count your blessings

Then deal with them as challenges

Adversity helps you become a stronger person

Count, Practice, and Prosper! (Salute)