**The Difference Between Heaven and Hell** A story is told of a man who prayed to know the difference between heaven and hell. An angel came to take the man to see for himself. In hell, the man saw a huge banquet table overflowing with beautifully prepared meats, vegetables, drinks, and desserts. Despite this bounty, the prisoners of hell had withered, sunken looks. Then the man saw why. The poor souls in hell could pick up all the food they wanted, but their elbows would not bend, so they could not place the food into their mouths. Living amidst all that abundance, the citizens of hell were starving. Then the angel whisked the man to heaven, where he saw another endless table heaped with a similar bounty of splendid food. Amazingly, just as in hell, the citizens of heaven could not bend their elbows to feed themselves. “I don’t understand,” the man said. “Is heaven the same as hell? “The angel only pointed. The residents of heaven were healthy, laughing, and obviously happy as they sat together at the banquet tables. Then the man saw the difference. The citizens of heaven were feeding each other.

In this activity, you will explore your beliefs and behaviors regarding giving and receiving.

**1. Write and complete the following ten sentence stems:**

1. A specific situation when someone assisted me was . . .
2. A specific situation when I assisted someone else was . . .
3. A specific situation when I made assisting someone else more important than my own success and happiness was . . .
4. When someone asks me for assistance I usually feel . . .
5. When I think of asking someone else for assistance I usually feel . . .
6. What usually gets in the way of my asking for help is . . .
7. If I often asked other people for assistance . . .
8. If I joyfully gave assistance to others . . .
9. If I gratefully accepted assistance from others . . .

One goal that I could use assistance with today is..

**2. Write about two (or more) choices you could make to create a stronger support system for yourself in college.** Consider the choices you could make to overcome the challenges and obstacles to your success. Consider also any resistance you may have about taking steps to create a support system. Dive deep as you explore each choice fully.