CONTENTS

9 The Beast. Introducing the Mean Girl.
11 My Story. Find out how mean changed my life.
16 Why This Book Works. What you need to know before you get started.
18 The Mean Girl Quiz. Do you have a Mean Girl problem? Find out now.

Mean Girls—Who Are They?
23 Two Kinds of Mean. There are two different Mean Girl groups, and each one has its own problems.
26 The Mean Girl’s Goal. Find out what she wants so that you can get her off your back.
30 Why Me? Find out why God is allowing the mean in your life.
41 Jesus Speaks on Mean Girls. Find out the holy reaction to mean.
52 Gossip Girls, Revengers, and Other Mean Girls. What to do when girls try to get the best of you.
73 Who’s the Fattest? Girl compliments—what do you do with them? Accept or reject?
80 From the Outsider to the Shy Girl. Find out if you are on the “girls I love to hate” list and what you can do about it.
The Spiritual Side of Mean

105 Mean Thoughts. Do you have any? What do those thoughts do to your spiritual life?

113 Saving the Spiritual Environment. When your junky thoughts are weighing you down, find out how to stop the spiritual pollution.

116 Getting Over It. How to move on and leave mean behind.

119 Get Over Yourself. Learn how you can use this Mean Girl as your chance to die to self and live for Christ.

Fighting Mean

135 Getting Even. What to do when you think you just have to get revenge.

143 Standing Up to Your Mean Girl. What it means to a believer.

153 Mean Friends. What to do when mean hits really close to home.

158 The Battle Isn’t against Flesh and Blood. Fight the real enemy, not the girl.

167 Relentless. What to do when mean won’t give up.

Ending Mean

173 Getting the Mean Out of Your Circle. Find out how to change your circle to a mean-free zone.

180 Leave No Mean Girl Behind. For advanced readers only.

181 Choosing Christ. If you don’t know this God we’ve been talking about, here’s your chance to say yes to him.

182 The God Girl. The alternative to mean. Become the girl God wants you to be.

187 The God Girl Contract. Sign up now. And commit to a life of change.
THE BEAST

The Mean Girl. The beast. The one who tears at your flesh and devours your heart. She growls when you walk by. She hisses as you leave. She probably drools in her sleep at the thought of tormenting you. She’s a beast, all right, plain and simple. It’s evident in all she is and all she does. So what do you do with this beast in your life? Can you find a hint of hope, or are you destined to spend your life running in fear from this rabid female? Oh, my dear, the answer is near. Come with me on a journey through the bizarre and the twisted. Join me in scrutinizing the female psyche, and follow me to a land of freedom and hope.

Girls have become the most catty, manipulative, emotional people on the planet, and you are at their mercy. Or are you? At one time I didn’t see a way out, so weak was my faith. But now I do. I believe that the Mean Girl can be a thing of the past. I believe that her power over you will diminish and that your victories will be many. Your bruises will heal and your cuts will mend. Mean Girls is a call to spiritual strength. A call to stand firm. It is a call to face the beasts in your life head on and with faithful resolve. And it is the answer that you’ve been looking for. Mean Girls . . . shall we attempt to find the beauty in your beast?
MY STORY

If you have a Mean Girl in your life, I understand more than you might know how horrible you feel right now. You hate getting up in the morning because you know that as soon as you get to school or work, she will be there. Leering at you, laughing at you, thinking about you, talking about you. You don’t know what she’ll do next or where she will be. Oh yes, I know that feeling all too well because my high school years were plagued with Mean Girls.

In my small class of forty people, I was the victim of choice for the popular crowd. For four years I hated going to school. I sat in class day in and day out and watched them plot and plan to hurt me. I tried to make friends, but in the end even they turned against me in one way or another. The kiss of death for me (which might have some of you rolling your eyes) was that all the boys liked me. I was really shy, and so I guess I was kind of mysterious. I also wasn’t a sexually active girl, so, boys being boys, they all wanted to get the virgin. (News flash: they failed miserably!)

I was continually the subject of all kinds of plots. If I was dating a guy, they wanted to get him from me. If I had a nice car, they wanted to ruin the paint job. If my mom trusted me, they wanted her to stop trusting me. One day a pair of panties was placed in our mailbox as if someone was returning them to me after a night of passion. What a joke. Torturing me was quite a sport for them, though. Every day when I left school I would find a big wad of spit on the hood of my car. Every day, without fail. I hated walking out to my car as they all laughed at me. I can remember being afraid to go to the bathroom because I might meet one of them in there alone, and that would be devastating.

When I started dating a guy that one of them wanted to date, they not only TP’d his house but also spray painted his driveway with bad things about me. They were bent on making me look bad.
When our Sadie Hawkins dance (girls ask guys) came along, one of the girls asked my boyfriend before I could (of course, he was a stupid boy for saying yes, but that’s beside the current point).

I thought I had found sanctuary in those few friends I told you about, but they soon turned on me as well. Why is it that girls think that boys are more important than their friends? My friend made out with my new crush the day after he and I found each other. I was shocked, but I guess I shouldn’t have been. After all, friends aren’t as important as boys. Ugh!

All this meanness finally culminated in one horrible act that freaked me out and made me fear for my safety. One day during my senior year I went to my locker, and as I opened it I saw a small noose with something hanging from it. It was soft and slimy like a dead finger. A note that hung from the rope said, “Beware the DOA.” Needless to say, it totally freaked me out. I slammed the locker and ran to the school office. This was too much. Until that time I hadn’t said anything to anyone, but this looked like something that should be taken more seriously.

When the principal went back to check my locker, she found that what was hanging there was a peeled carrot, carved to look like a person. Apparently it had been left in the freezer overnight so that now it was cold, clammy, and limp. Pretty ingenious, even for Mean Girls!

I was devastated that their hatred of me had gone that far. I don’t know for sure why the girls decided that I was archenemy number one, but I was. Was it because I was shy? Was I aloof in my shyness? I’ll never know, but my high school years were tainted by the treatment of a handful of angry teenage girls.

I always thought they had no idea what they were doing to me—until years later when I found out the truth. I was at a party with a bunch of friends from high school, and one of the Mean Girls was there too. She pulled me aside and said, “We treated
you really bad in school and did some really mean things. I’m sorry about what we did.” I thought that was a really nice and noble thing to do, so I smiled and said, “Oh, don’t worry about it. We were young; it’s okay. I forgive you.” She looked at me in shock, her mouth open, and said, “Oh, great. Why’d you have to be so nice even now? It would have been much easier if you would have been mean about it!” Even then, my kindness was driving her nuts. Maybe that’s what they mean by “kill ’em with kindness.”

I didn’t learn to trust girls until years after high school. I spent most of my college and adult life, up until a few years ago, only being close to guys. I just couldn’t handle the “girl scene,” as I liked to call it. “They are just so catty and mean. I don’t like ‘em. Guys are easygoing, not vindictive or petty. I prefer guys,” I used to say. But now that I have healed from my experiences and started to see the truth, I can say that I love girls. In fact, I need girls. If it weren’t for girls, I would be really messed up. Let’s face it, we need each other. Guys are great, sure, but they are different, and you can’t really connect with a guy the same way you can connect with a girl.

Now I can sit up all night with my girlfriends, talking about life. I can talk their ears off and never feel like I’m boring them. I can shop all day with my girlfriends. I can share clothes with them. Tell my secrets to them. Confide in them. And nurture them. Girls bring out the girl in me, and that’s pretty cool. Because when you get right down to it, it’s the girl in you that guys are attracted to, not the guy in you. I didn’t understand that till many years after high school. I was so busy trying not to be like the Mean Girls that I became like a guy and totally gave up my girlyness. And it wasn’t until I decided I really wanted a man and was ready to think of the “M” word that I found out I really needed girls.
So what I’m saying is that **guys will never replace girls**. They weren’t meant to. Most guys don’t need to talk as much as girls, so we need backup friends to use all our words on. Guys, on the whole, don’t like shopping as much either, so we need girls to fill that void. And most guys definitely don’t like sharing all their hopes, fears, and emotions with us all the time like we want to, but girls do, and I thank God for that. My mom always told me, “Hayley, whenever you start dating someone, don’t stop seeing your girlfriends. You need them. If you dump them and expect him to take their place, you’ll be in big trouble. He just can’t do it. He’s a guy. Save all your girl emotions and traumas for girls who get it. And just enjoy the guy.” Women who are wise know that even after you get married, keeping your girlfriends is essential. Guys and girls both need “me” time, and a girlfriend is a good sounding board and confidante for your emotions and dreams.

So don’t give up on girls just yet. We have fun together. We bond in ways guys never can. And besides, you need someone to get your back, to tell you when your jeans are too short or your belt doesn’t match your shoes or, worse yet, when you have something in your teeth. Ah, girls. They are great. Don’t let a few mean ones taint it for the rest of us. Find a girlfriend or two and make a good relationship that will last a lifetime.

When I was a teenager, my spirit was imprisoned by fear; maybe like yours is right now. I had no sense of the greatness of God or the power of his hand in my life. I couldn’t see life from his point of view, only from my weak little place on the planet. I didn’t understand a bigger picture because I had not yet discovered Christ and his teachings, his Spirit, and his love. I didn’t come to understand that until after college. If I had known then what I know now, maybe those girls would have ended up my friends,
or at least left me alone a little bit. No one ever told me how to handle them, what to say to them, or how to be around them. Instead I was just plain scared of them. I lived a lot of my life in fear, and it didn’t have to be that way. How sad that no one was there to tell me about the amazing truth of godliness with love. Now that I have come through years of fighting with the Mean Girl and of not knowing how to avoid her or get rid of her, I have a new understanding of how I am supposed to react to her, even if I can’t get rid of her.

I wrote *Mean Girls* to help you better understand who you are so that you can stop the Mean Girl cycle. This book will help you to find your destiny and live in it as a graceful spiritual girl. *Mean Girls* will help you face the beauty in the beast of your Mean Girl and maybe even find a way to change a generation of Mean Girls from the inside out. What you learn in this book might shock you. It might even tick you off, but don’t stop. If you want to get to the bottom of your pain, then you have to power through. On the other side are hope and a life filled with peace and love. Mean Girls might be around you forever, but they might never affect you again if you follow the principles in this book and remain honest with, and true to, yourself.
WHY THIS BOOK WORKS

This book contains some powerful stuff that is guaranteed to help you with the Mean Girl(s) in your life if you are willing to live by it. This isn’t for the faint of heart. It isn’t self-help for the brave or the strong. It’s about a way of life based on the truth offered by a best-selling book called the Bible. Conquering the mean in your life is only going to work if you have a power bigger than yourself working alongside you, above you, and in you. And I hope that by the end of this book you will know a little bit more about this life-changing power that tramples mean. So be warned: you might find some tips and tricks in here that make perfect sense and try to do them, and life might get a little bit better, but without faith in a God who can change lives and change hearts, any change will only be temporary. So let’s dive into the realm of mean and see if we can’t find real beauty.
THE MEAN GIRL QUIZ

Do you have a Mean Girl problem?
Answer the following to find out.

1. When you walk down the hall, most of the time you are:
   (a) alone
   (b) with your gang
   (c) with your best bud

2. Sometimes you:
   (a) get laughed at by other girls
   (b) make fun of the not-so-popular girl’s clothes
   (c) hang with your friends and have so much fun you forget it’s
time to go

3. You know how it feels to:
   (a) be gossiped about
   (b) make someone look bad so you look good
   (c) care for a friend who is hurt

4. You spend hours:
   (a) worrying about how not to be seen by other girls
   (b) thinking about how to get even with someone
   (c) helping your friends through tough times

5. When you go to school you are:
   (a) afraid to go to the bathroom alone
   (b) lovin’ life
   (c) counseling your friends about all their problems

6. Your parents:
   (a) would say you worry a lot about going to school
   (b) know that you are happiest when you are with your friends
   (c) taught you how to care for others
7. At least once a week:
   (a) another girl laughs at you or picks on you
   (b) you talk about another girl in a way that puts her down
   (c) you try to make your friend feel really good about herself

8. You have cried at school:
   (a) many times
   (b) only occasionally when a guy is a jerk
   (c) hardly ever, because you save that for your bedroom

Now add up your scores:
(a) = 3
(b) = 2
(c) = 1

18–24: MG problems. You probably have to deal with at least one girl who is out to get you. This book will help you learn more about her and how to handle yourself when she freaks out on you. Don’t worry, this won’t last forever. This trauma you are living in has an end. Keep the faith.

11–17: MG. Did you ever think that you might be the Mean Girl of someone’s nightmares? This quiz isn’t a perfect diagnosis, but you might want to read on to find out who you are when others are looking.

8–10: No MG for you. You probably are the one helping the victims of MGs. You see the pain they cause but have mostly stayed free from their attacks. You’ll be in a great place if you can learn more about them so you can help more than you do right now. You are the key to solving the troubles between these girls. Never stop being faithful.