

Clean Parenting

TOOL #1: COACH YOURSELF

1. Describe what's going on with your child and how you feel about it.
2. Take a look at what you wrote for step #1. Which statements are facts (or circumstances)? Circle them. Everything left over is your thinking, which is creating what you're feeling.
3. When you feel this way what do you do or not do?
4. Is this going to help you show up in the best possible way for your child? If yes... you're ready. If not move on to the next step.
5. Pick one thought that you think is causing you the most pain (or summarize your thoughts into 1 sentence) and try to disprove it or find an alternative way to think about the situation. (See below for some possible new ways to think about it.)
6. Make sure you "try on" this new thought and that it feels true to you. When your mind wants to go back to the old thoughts, redirect it to the new thought.

New thoughts to consider:

Worry feels useful and necessary but it's not.

My child is experiencing exactly what he or she is supposed to.

Nothing has gone wrong here.

I can do hard things (and so can my child).

All of this is part of his/her (or my) perfect journey.

I'm not supposed to talk him/her into feeling happy.

My only job is to love them and offer help, and hold them accountable.

I get to love him/her no matter what.

What I experienced is not supposed to be the same thing they experience.

Holding the space is sometimes all he/she needs.

My child is supposed to feel negative emotion. It will help him/her in the end.

We are in the process of figuring it out.