



· FAMILY HOME EVENING ·

how to solve a problem

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COACHING

OBJECTIVE:

To bring together the previous 5 lessons and teach a model for problem solving and self-awareness children can use throughout their lives.

FOR THE PARENTS:

Thank you for spending time on these important topics with your children. I believe this knowledge will serve them throughout their lives and it can truly help to prevent some of the hardship and struggle so many adults face today.

Please make sure you review the concepts in this lesson prior to teaching them to your children. While all of them will make sense to you, some of them might feel foreign and you might realize you've been operating under a different belief system all this time. It's important that you do this work yourself either before or with your children. These concepts are simple but mind blowing.

Relevant Scriptures:

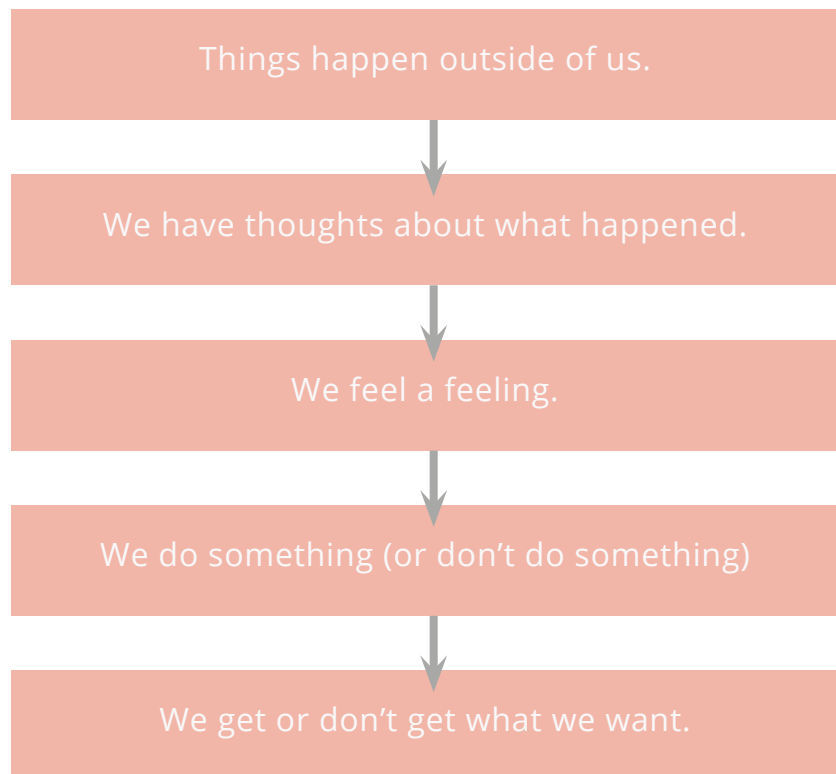
1 CORINTHIANS 3:16-17
JEREMIAH 31:16
JOHN 14:27
ROMANS 15:1
GENESIS 1:27
2 NEPHI 8:3
DOCTRINE AND COVENANTS 18:10
2 NEPHI 31:20
ALMA 18: 34-35
JOHN 13:34
ROMANS 12:10-21

INTRODUCTION

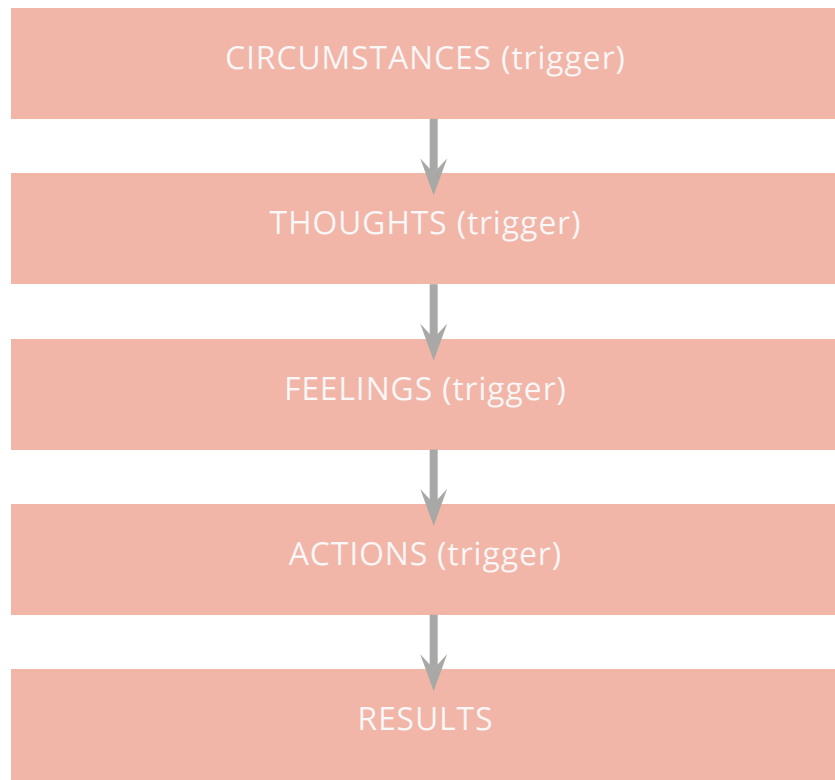
Everything we've been learning in this Family Home Evening lesson series has been based on the way Heavenly Father designed us as humans to help us thrive while here on Earth. Every commandment Heavenly Father has given us, also aligns with what we know about how to achieve the most joy and navigate the challenges of life successfully based on how our brains work. In this lesson we'll simplify it all into one basic model.

Please note that there is an explanation of the model for younger kids and a separate one for older kids to help you teach it at the appropriate level. That said, it may be difficult for younger kids to grasp so depending on their ages and levels, you may wait to introduce this until they are old enough to understand.

The Model **FOR YOUNGER KIDS**



The Model FOR OLDER KIDS & ADULTS



The Model Explained:

1. *Circumstances* (Something happens outside of us): Circumstances are always neutral. So they are neither good or bad. They just are. They are facts. They are things that happen that we could prove in a court of law.

For example:

- the weather
- what someone else says or does
- traffic
- homework

2. *Thoughts* (We have thoughts about what happened): Thoughts are the meaning that we add to our circumstances. Our brains generate thoughts automatically and very quickly. Remember from previous lessons that we

have learned that our brains are especially good negative thoughts but are capable of all sorts of useful thoughts if we pay attention.

Thoughts are within our control. It doesn't always feel like it since they happen so quickly, but if you choose to pay attention to your thoughts, you can decide whether or not they are useful.

For example:

- The weather today is so nice.
- That girl shouldn't be so mean.
- I am never going to make it in time with all this traffic.
- All of this homework is so overwhelming.

3. Feelings (We feel a feeling): A feeling is a vibration in your body and it is created by your thoughts. This means that circumstances do not create our feelings. Only our thoughts create our feelings. This is very good news because our thoughts are optional whereas our circumstances are not always.

Feelings are one (or sometimes two) word descriptions. So, when you're looking at a model, make sure your feeling line only has 1-2 words. If it's more you're probably describing another thought.

For example:

- Peaceful
- Irritated
- Worried
- Stressed

4. Actions (We do something or don't do something): The way we behave or show up in the world changes based on the way we are feeling at the time. We take action, or don't take action, or react to the things that happen outside of us ... all based on how we are feeling. Sometimes the feelings driving you create subtle changes in your tone, or cause you to avoid certain people or tasks. When you recognize that your emotions are the "fuel" for your actions, then you realize that emotions matter.

For example:

- I take a moment to enjoy some fresh air.
- I am cold to the girl or I avoid her.

- I hit the gas and breaks hard trying to get someplace faster (more reckless driving).
- I avoid doing my homework because I am dreading it.

5. Results (We get or don't get what we want): Our actions create the results in our lives. So when things are going well, we can know that we have a significant role in that. When things are not going well, we also have a significant role in it. We can't always choose our circumstances, but we can still choose the results we get because we can choose what we will think about.

For example:

- I have a good day.
- I feel frustrated around that girl.
- I don't get to my destination on time and it's a problem.
- I don't get a very good grade.

Activity

For Older Children: As a family, complete the following two models together. One using the example provided and then one about a circumstance your family has in your lives.

Example: Imagine that the circumstance is that your car won't start. Decide as a family what the rest of the model might look like. Then if necessary, see if you can find another way to think about it that is even better. (Complete models provided on the "answer key" at the end of the lesson.)

CIRCUMSTANCE

THOUGHTS

FEELING

ACTION

RESULT

Is this way of thinking going to provide you with the result you want? If not, try a new way of thinking about it that will create a different result:

CIRCUMSTANCE

THOUGHTS

FEELING

ACTION

RESULT

Now choose a circumstance your family is dealing with now.

CIRCUMSTANCE

THOUGHTS

FEELING

ACTION

RESULT

Is this model creating the result you want? If not, try a new way of thinking about it that will create a different result:

CIRCUMSTANCE

THOUGHTS

FEELING

ACTION

RESULT

Example Model

ANSWER KEY

Of course your model will be slightly different but here are some examples of what they may look like:

CIRCUMSTANCE: Car won't start.

THOUGHTS: We are stranded and won't be able to do what we want to do.

FEELINGS: Irritated and stressed.

ACTION: Snap at one another and feel sorry for ourselves.

RESULT: We aren't having fun.

Alternative model:

CIRCUMSTANCE: Car won't start.

THOUGHTS: We can have fun anyway and we will figure it out.

FEELINGS: Empowered and determined.

ACTION: Enjoy one another and focus our energy on finding a solution.

RESULT: We have fun anyway.