

Parent: by design  
Workshop 1: How to Solve any Parenting Problem  
Presentation Transcript

To be read in conjunction with [this](#) presentation.

### SLIDE: INTRODUCE THE PROGRAM

- Explain the workshop:
  - this is the first of a 5 step program, which if you are interested in and with your permission, I will tell you about at the end, after the workshop is over.
  - It's not your normal parenting program with techniques etc...
  - And you will know whether the program is right for you as we go through this workshop
  - The worksheet...
    - you are going to fill that in today, if you didn't download it don't worry, I'll put the questions up on the screen when it's time, but you will need a pen and paper

### WHAT YOU CAN EXPECT FROM ME TODAY

- You have graciously given your time and attention, I promise to honour that by serving you to the best of my ability.
- This means that I am available to help you in any way that you need.
- The best way for me to do that is via the FB group.
- So, if you have any questions about:
  - implementing what you learn from this workshop
  - about the full program
  - or ANY parenting related issue at all I am here to help.
- Please pick my brains as much and as often as you like... there is no charge.

### Why you are here:

- The reason you are here today is because you want *something* to change with regards to your parenting.
- This change might concern you, it might be an issue with your child, or with the relationship between you.
- It might even be ALL 3!
- Either way, there's a problem and you'd like to know how to solve it.

### NO SOLUTIONS

- You might be surprised to hear that I'm not going to offer advice or tips on how to solve your specific problem.
- All situations are different, all kids are different and there is no one size fits all solution.
- The purpose of this Workshop is to show you how you create problems.

- Once you understand that, gaining access to your inner wisdom to solve whatever problems you have becomes easier.
- If however, you would like some specific help after the workshop... please message me directly.

### TRY THE IDEAS ON

- You haven't been able to solve your problem with your current thinking so I am going to put 5 ideas to you in the next hour that are going to challenge that thinking
- As such, this MIGHT get a little uncomfortable
- BUT.... There's no VALUE, no growth or change without being in those uncomfortable places
- And these ideas are designed to help you to see your parenting in a new way.
- BUT... and this is important...
- I don't ask you to accept any of these ideas as true, nor to believe what I say.
- I ONLY have one condition: that you try the ideas on and see how the world looks to you when you do.
- Keep what is useful to you and throw away what isn't.
- Deal?

### SLIDE SHOWING THE COACHING EXAMPLE BELOW:

- To bring these ideas to life I'm going to use a real example throughout this workshop.
- It's a situation that I recently helped to COACH a client through:
  - *Their 15 year old child had stopped doing their homework, and their schoolwork and grades had started to suffer.*
  - *Naturally my client was extremely worried about this, they felt that their child wasn't motivated and was in danger of failing exams, which would endanger plans for UNI and their career prospects*
  - *They had tried to BRIBE (expensive gift) and PUNISH (take away screens) but neither had worked.*
  - *The atmosphere at home was tense and there had been a breakdown in communication and trust.*

OK?

We may as well dive in at the deep end... Fortune favours the brave as they say... so:

### Here's the first controversial idea:

### SLIDE SHOWING SENTENCE: Whatever the problem you have is, you are **CREATING** it.

- I know that it *looks* like your child, or someone else, or some set of circumstances are responsible for the problem.
- And I'm not denying that any one of these might well play some role in the situation.
- But *THEY* didn't create the PROBLEM, YOU did!

- I'm not saying that it's YOUR FAULT, nor am I blaming you.
- In fact, as you will see shortly, you are TOTALLY INNOCENT in this creation process.
- I'm just saying that you created this PROBLEM... whatever it is.
- Remember, I'm not asking you to accept this as TRUTH, I'm simply asking you to try the idea on and see how your problem looks when you do.
- So, let me explain how you CREATED it.

### SLIDE: DIAGRAM BEING + SEEING + DOING aka HOW WE CREATE OUT HUMAN EXPERIENCE

- This diagram is **extremely** important.
- It's the key to understanding how we create our life experience as human beings.
- Which means it's the key to understanding how we create our problems too
- READ OUT THE SLIDE
- I will explain these in more detail during this workshop... especially why the lady is wearing a VR headset.
- The important thing to note here is the bit at the bottom.
- WE THINK THAT OUR PROBLEMS LIE IN THE OUTSIDE WORLD, BUT THEY ARE CREATED IN and ONLY EXIST IN OUR INSIDE WORLD.
  - In our WAY of BEING (who we are plus our thoughts and feelings in the moment)
  - In our WAY of SEEING (the way that life happens for us)
  - Our WAY of BEING and our WAY of SEEING work together and give rise to our WAY of DOING, or our behaviour
  - And this is what determines our RESULTS in life.
- If this hasn't fully explained how you create your problems it will become clear in a moment , especially when we go through my example.

### SLIDE showing the sentence: Whatever the problem you *THINK* you have is, it isn't REAL.

- **Ok, so here's the 2nd controversial idea:**
- **Whatever problem you *think* you have, it isn't *real*.**
- I'm not trying to be glib or diminish your problem in any way, because I know that the problem looks & feels 100% real, indeed, it's probably causing you some REAL anguish or you wouldn't be here
- BUT... Problems don't exist in the way that say a chair or a building does, you can't touch them or see them.
- They look and feel real (like a chair or building), but they are only ever created through our thinking.

### SLIDE showing the sentence: ALL OF THE PROBLEMS YOU HAVE HAD, HAVE CURRENTLY, OR WILL EVER HAVE... ARE ENTIRELY THOUGHT CREATED.

- In fact, ALL OF THE PROBLEMS YOU HAVE HAD, HAVE CURRENTLY, OR WILL EVER HAVE... ARE ENTIRELY THOUGHT CREATED.
- This is SO important that I'm going to repeat it.
- ALL OF THE PROBLEMS YOU HAVE HAD, HAVE CURRENTLY, OR WILL EVER HAVE... ARE ENTIRELY THOUGHT CREATED.
- We get so bogged down in the CONTENT of our problems that we don't ever really see this.

### **SLIDE showing HOW we TRY and SOLVE our problem**

- So, we try and solve the PROBLEM out there, in the external world, by DOING
- We try:
  - A DIFFERENT STRATEGY
  - LEARN NEW TECHNIQUES
  - DO MORE/ WORK HARDER
  - MORE INFORMATION
  - CHANGE ENVIRONMENT
  - TRY TO CONTROL
  - MANIPULATE
- But, we are looking in the wrong place.
- We need to address the cause not the symptoms, namely our THINKING.

### **SUMMARY SLIDE**

- You are creating your life and therefore your problems through your WAYS of BEING, SEEING and DOING.
- Your ways of BEING and SEEING are the most important elements of the equation as they constitute your INTERNAL WORLD and they influence your OUTSIDE WORLD.
- Problems aren't 'REAL', we create them with our THINKING.
- In case you are wondering this is GREAT NEWS: as you will see in a moment, once we start to explore how you have created the problem you came here with, either:
  - it will cease to be a problem
  - you will see a way to deal with it that wasn't available to you before

### **SLIDE: Our way of being and seeing in more detail**

- So, we create our problems with our THINKING.
- And our thinking is THE fundamental part of how we create our INTERNAL WORLD:
- Our way of BEING - READ SLIDE
- Our way of SEEING - READ SLIDE
- I've highlighted in YELLOW all of the elements that are THINKING
- Understanding how these work is the key to understanding how problems are created

### **WAY OF SEEING**

- I'm going to start with your WAY of SEEING = what you see and how you see it

- The quote on the first slide sums up why:
  - *When you change the way you look at things, then the things you look at change.*

## CONTEXT

- The most important part of the way that you SEE things and therefore an integral part of problem creation is CONTEXT.
- What I mean by context is the way that situations show up for us.
- This is determined by our way of BEING and SEEING.
- And as for our WAY of SEEING:
  - our beliefs about how the world works or worldview
    - eg if my client didn't have the worldview that grades, university and a good job were important for life success then this wouldn't have been a problem.
  - Our mindset/ frame of reference
    - eg if my client didn't have the frame of reference that their child should be motivated, then this wouldn't have been a problem
- The contexts we hold shape how LIFE HAPPENS FOR US
- The tricky bit is that the contexts we have for life lie hidden away in our subconscious, so we need to draw them out into the open if we want to see how they are causing us problems.
- And today, we are going to expose the 'context' that all problems arise in, by applying two critical filters:
  - Fact meets Fiction
  - Whose Business is it?

## SLIDE: FILTER 1 FACT + FICTION

### 1. FACT meets FICTION

- Let's start with the world of FACT and the world of FICTION.

## SLIDE: FACT + STORY + MEANING + ATTACHMENT = SUFFERING

- ALL of the problems we have in life come when we collapse these 2 distinct domains and treat them as if they were one.
- This is something we all do, all of the time, it's so natural that we don't even realise it, like a fish isn't aware of the fact that it's swimming in water.
- Here's how we do it.

## FACT

- On the fact side of the equation we have...
- EVENT (always neutral): Something happens
- That's it

## SLIDE: FICTION

### FICTION

- and on the fiction side...
- **STORY:** How we interpret the event that happened (thinking)
- **MEANING:** What we make that story mean (thinking)
- **ATTACHMENT:** Our personal stake in this **STORY** which will either: (thinking)
  - concern our **WELL-BEING** (eg our happiness, freedom, security etc...)
  - or say something about who we *think* we are as people, our **IDENTITY** (eg how we see ourselves eg I'm a good parent)
  - **OFTEN** our attachment involves elements of both of these together
- **SUFFERING:** How we live as a result. Our thoughts and feelings: aka the mental & emotional anguish we put ourselves through by living in this world of fiction we have created. (yet more thinking)
- You'll notice how each of these is created by our thinking.

### MY EXAMPLE

- So, let's see how this played out with my client and their **MOTIVATED** child problem when we looked at their situation through this filter of **FACT** vs **FICTION**.
- **EVENT: *what happened?***
  - Their child has stopped doing their homework (it turns out in some subjects only).
- **STORY:**
  - My client then created this story around their child not being motivated and that they were struggling in school (again this was only in some subjects).
- **MEANING: *which means that:***
  - They were going to fail their exams.
  - They would get left behind.
  - That they would not get the qualifications needed to go to University.
  - They won't get a good job and won't be able to earn enough money to enjoy a nice life.
- **ATTACHMENT:**
  - My client was worried, anxious and unhappy (well-being).
  - They thought that they had failed as a parent, that they were a bad parent (identity).
- **SUFFERING: *thoughts and feelings that came up***
  - I fear for my child. I hate to see them struggle. Other kids are doing well. I want my child to do well, that's my job. This is a problem that needs to be solved. My child obviously doesn't respect me or listen to what I say. I resent them for having gone back on their promise after I had bought them the computer. I feel guilty about forcing them to do work and taking away their phone.

### LET'S EXAMINE THIS

- First and most important: There is ONLY one bit of TRUTH in everything that was said: the child had stopped doing homework in some subjects.
- That's it.
- BTW this was originally explained as 'stopped doing their homework', my client had generalised it and made it sound worse- something we are all good at doing!
- Everything else was fiction.
- And I'm sure you'll agree, it's quite the story isn't it?
- Now, let me clarify a few things:
- I'm not saying that their child wasn't motivated to do their homework (I mean let's be honest, a lot of kids aren't).
- And, their child **could** go on to fail school, they **might** not go to UNI and they **might** not get a 'good' job.
- But my client didn't **KNOW** any of that, how could they?
- Most of it hadn't happened yet, it was years into the future.
- And yet my client was living it now, in their present.
- And in any case:
  - Plenty of kids aren't motivated by homework but are massively motivated by doing other things that they love.
  - Plenty of kids fail school and go on to be successful and happy artists, entrepreneurs, sportspeople, office workers, gardeners, parents.
  - Plenty of kids screw up their lives before turning things around, it turns out that it was all part of their journey. At the time it probably didn't look like it, at the time their parents probably worried like crazy, but the 'problems' the child had helped them to become who they are. Who is to say that this isn't an integral part of this child's journey to become the person they are?
- The point I'm trying to make here is that there was only one element of TRUTH here, the rest was a made up story.
- And we ALL do it, ALL the time, in ALL areas of our lives.

### SLIDE: Real world ramifications of this fictional world

#### Why this is a problem (part 1): The REAL WORLD ramifications of this FICTIONAL world.

- Living inside the fiction we create is like operating in a parallel fantasy world.
- The problem is: Living inside this fictional story, creates a context that causes you to **BE** and **ACT** in a certain way.
- For my client this was:
  - **BE**: stressed out, worried, anxious, frustrated.
  - **ACT**: criticising and shouting at their child. The atmosphere at home was tense and difficult. My client initially bribed with a gift, but that only changed behaviour for a short while, which then caused resentment. Then they made their child study by taking away their phone. Which was the source of lots of arguments.
- So the CONTEXT that my client had CREATED around a neutral event caused them to BE and ACT in a certain way.

- Which in turn, helped solidify the CONTEXT.
- It's like a vicious circle.

### **Why this is a problem (part 2): Finding a solution.**

- How likely is it that any parent can find a good way through this in that state of BEING, SEEING and DOING?
- Well they couldn't, which is why they were talking to me.
- But there is ONE important element of this that my client had missed completely.
- Something WAY more significant than homework and grades.

### **SLIDE STAR WARS**

- Namely what impact is all this having on their child?
  - I'm not just talking about how they were reacting or behaving...
  - The most important part of all this is:
    - What are they internalising from this experience?
    - What beliefs are they taking on about who *they* are, who their parent is and how the world works?
- To my mind this 'psychological element' is absolutely KEY, and I will discuss it in more detail in the next bit.

### **SUMMARY**

- CONTEXT is vital, how the circumstances of our lives show up for us determines how we ARE and what we DO
- FACT (neutral) + STORY + MEANING + ATTACHMENT = SUFFERING
- Living in this fantasy world has real world consequences:
  - it causes you to BE and ACT in a way that PERPETUATES the problem
  - it's much more difficult to SEE a solution
  - there's a hidden psychological impact on our kids

### **SECOND FILTER**

- Now the 2nd FILTER

### **WHOSE BUSINESS IS IT?**

- Or the Byron Katie filter as I call it, because this is an idea I got from her Brilliant work.
- I'll put a link to it in the FB group.
- She says that there are only 3 types of business:
  1. My business (in your case... your business)

2. Someone else's business
3. God's business

### Now here's the next challenging idea...

- Remember, just try this idea on and see how the world looks when you do... keep what is useful and throw away what isn't...
- So, the only person's business you should be in, is your own.
- I will go further, you have NO right to BE in anyone else's (unless they have explicitly asked you to be).
- And yes, that INCLUDES your child (safety issues aside).
- PAUSE
- Now, I know what you are thinking... this bloke has gone totally MAD...
  - I'm a parent it's my job to be in my child's business
  - It's my responsibility to make sure that my child does XYZ
- I am certainly NOT denying the fact that we have a job as a parent and a responsibility to our kids...
- I'm also NOT saying that a child who is does their homework, gets good grades and is MOTIVATED isn't desirable (on both sides)

### SLIDE: sentence below

- But, when you are in your child's business (or anyone else's for that matter)... it ONLY CAUSES PROBLEMS... for you and for them.
- Here's how...

### THE PROBLEM WITH being in OTHER PEOPLE'S BUSINESS

- When we are in someone else's business we are focused on OUTCOME.
  1. That person should think/ do/ have/ be ABC because... XYZ
  2. Or, That person shouldn't think/ do/ have/ be ABC because... XYZ
  3. And we've always got good reasons (XYZ's)
- The problem with focusing on the OUTCOME is that the OUTCOME is something that CANNOT be controlled.
- Because we feel out of control, we try to exert CONTROL over our kids.
- We think that this gives us POWER, but what we don't realise is that this approach takes away our POWER- we are focusing our time and effort trying to control something that is inherently UNCONTROLLABLE = makes NO sense.
- Our default way of doing this is by using BRIBES and/or PUNISHMENTS.
- Sometimes these work... for a while.
- But long-term they don't and in any case, an attempt to exert POWER and CONTROL in this way comes with a heavy price:

1. a deterioration in the relationship you have with them (loss of trust, resentment, guilt)
  2. as before (with BEING and ACTING in our parallel fantasy world) there is a psychological impact on our kids.
- I'm going to explore this NOW.

### **SLIDE: PSYCHOLOGICAL IMPACT**

- When you are in their business or when you are telling them they should BE or DO something different to how they ARE... what message is your child getting?
  - I'm not good enough.
  - My parent doesn't understand me
  - My parent doesn't love me
  - My parent doesn't trust me
- My client was trying to do the 'right' thing as they saw it and was acting out of love.
- And we all do this, me included.
- But we simply don't think of the psychological impact of our words and our actions.
- Now you might think:
  - "They need some tough love"
  - "School work is so important, this is worth it"
- But I beg to differ.
- And the proof of this should be blindingly obvious when we look at our own lives.
- The limiting beliefs that have held us back from living the life we want, achieving the things we want, living life on our own terms as the full expression of who we truly are.
- And where and how do you think those limiting beliefs were created?

### **SLIDE: MISSING THE POINT**

- Not only is there a relationship and psychological cost, trying to CONTROL behaviour misses the point completely.
- Behaviour is just a symptom, it's the outward manifestation of what is happening on the inside.
- If you want to help your child to improve their behaviour, you need to focus on what's causing their behaviour in the first place.

Which brings me back to the FACT side of things.

### **SLIDE FACT**

#### **On the FACT side of things**

- There is NO problem, just a plain old FACT or TRUTH.
- And from this place we can be calm and objective, we can take a step back from getting wrapped up inside the OUTCOME and the BEHAVIOUR that's causing it.

- We can see that because behaviour is the outward manifestation of what is happening on the inside our child is simply trying to do the best with the resources that they have available to them at any given moment.
- And by resources I mean psychological as well as capabilities
  - who they think they are
  - what they think they are capable of
  - the way that they think that the world works
  - their abilities
  - the way the situation is occurring for them
- In my example, a motivated child who does their homework was desirable for my client, it was probably desirable for their child too... we didn't know at the time, my client hadn't even asked them.
- But there is a reason why their child was displaying this behaviour.
- My client wanting to control or change them and their behaviour, didn't address the cause of the behaviour in the first place.
- Just focusing on the very endpoint of all that misses everything else entirely. (USE CANVA to ILLUSTRATE this).
- When you stay on the FACT side of the equation, when you SEE what is happening in the CONTEXT of TRUTH without STORY you have much more freedom to BE and DO.
- And so does your child.

### SLIDE SUMMARY

- We can be in other people's business, but that causes problems when we do
  - When we focus on outcome only and try and change our kids it comes with a price and consequences
  - I think this quote sums this up perfectly.
    - "When you plant lettuce, if it does not grow well, you don't blame the lettuce. You look for reasons it is not doing well. It may need fertilizer, or more water, or less sun. You never blame the lettuce. — **Thich Nhat Hanh**
  - focusing on outcome misses the point, namely behaviour is the outside manifestation of what is happening inside
- 
- Now before I go on to how my client resolved their 'problem', there is one last piece of this puzzle to discuss
  - And... 2 more challenging IDEAs for you.
  - Here's the penultimate, idea number 4.

### SLIDE

**CHALLENGING IDEA 4: YOU are CREATING the PROBLEM because you are CREATING your CHILD**

- We are all of us creating our kids, every minute of every day, we just don't realise it.
- And because we don't realise that we are, we do it haphazardly, without purpose or plan.

## **SLIDE: WAYS YOU CREATE YOUR CHILD**

- Here's some of the ways that you create your child:
  - the act of creation- obviously
  - through their genetic makeup
  - through the home environment that you create
  - through the tens of thousands of direct and indirect interactions you have had with them over the years
  - **through your way of BEING**
    - to the extent that you are the full expression of all YOU can be
    - through your identity- the sort of person you think that you are
    - through your values, what's important to you about life, and how you communicate them
    - through your beliefs about what you (and they) are capable of
    - through your beliefs about how the world works (for you and for them)
    - through your presence and attention
    - through your interest in them
    - through your thoughts in the moment
    - through your feelings in the moment
  - **through your way of SEEING**
    - how you create the context for your life
    - through your beliefs about how the world works (for you and for them)
    - how you create the context for how their life shows up for them
    - how you see specific situations
    - how you see them as individuals
  - **through your way of DOING**
    - what you say and don't say to them.
    - how you behave towards them- what you DO and just as importantly DON'T DO.
    - through your reactions to their behaviour.
    - how you praise, and criticise them and what you praise and criticise them for.

## **WAY of BEING**

- In this workshop, so far we have explored:
  - your WAY of DOING
  - your WAY of SEEING
- now it's time for the most important one of the lot: your WAY of BEING:
- It's the most important, because absolutely EVERYTHING in your life flows from your WAY of BEING.

## SLIDE: OUR WAY OF BEING IN MORE DETAIL

- Here's a list of what constitutes your Way of Being and how you CREATE your child:
  - the extent that you are the full expression of all YOU can be
  - through your identity- the sort of person you think that you are
  - through your values, what's important to you and how you communicate these
  - through your beliefs about what you (and they) are capable of
  - through your beliefs about how the world works (for you and for them)
  - through your presence and attention
  - through your interest in them.
  - through your thoughts in the moment
  - through your feelings in the moment
- In the full program we look at ALL of these but in this workshop, I am going to concentrate on:
  - your identity- the sort of person you think that you are
  - your values, what's important to you and how you communicate these
  - your beliefs about what you (and they) are capable of
  - your beliefs about how the world works (for you and for them)
- I've highlighted this because together these 4 are the key parts of your programming (back to WAY of BEING slide)
- I call them your NARRATIVE because they are the story inside which you live your life
- And they are the story through which your life unfolds

## SLIDE: 5th challenging idea

- **And here is the 5th and final challenging idea:**
- NOTHING, NOT ONE THING about your PROGRAMMING/ NARRATIVE is TRUE.
- Your NARRATIVE is simply a set of thoughts that you have had often enough so that you have come to accept them as true.

## SLIDE- NOT TRUE

- But, not one single element of it *is* true.
  - who you think of yourself as = not true
  - what you think is important = not true
  - what you think you are capable of = not true
  - and how you think that the world works = not true
- It's true that you think the thoughts that make up your NARRATIVE.
- But in no sense could it be said that your thoughts describe any kind of objective reality: a TRUTH.

I'm going to pause there for a second so we can just take that in...

- Although it's not objective reality it feels like it is because we live inside it every second of every day.
- But your narrative is just something that you have cobbled together over time with bits from here and bits from there.
- A bit like Victor Frankenstein and his monster.
- It's what we ALL do in order to make sense of the world and our place in it.
- We interpret the events in our life and make them mean something.
- That's why she's wearing a VR headset.
- We project outwards, our INTERNAL world based on our narrative is creating our WAY OF SEEING.
- You've seen how my client did this in my example.
- We take neutral facts and make them mean something, we give everything our own unique spin.
- Now apply that to all the events in your life... just imagine the various fictions that you are living inside of and from.

### Speaking of the EXAMPLE

- How was my client's child internalising what was happening?
- What sort of programming/ narrative were they creating without my client even being aware?
  - 'Oh, 'I'm not a motivated person.'
  - 'My parents don't love me or understand me'.
  - 'I let my parents down'
  - 'I'm not good enough'
  - 'I'm stupid'
  - etc...
- The truth is, we have no idea what our kids are internalising.
- But look at YOUR own personal narrative, you forged that as you were growing up... when you were least well equipped to make sense of anything.
- And the way your parents were was a large part of that...
- But they helped to create you unwittingly- just as you are creating your child unwittingly, which is why I said at the beginning- you are INNOCENT.
- We don't know what we are doing.
- We take on board (accept these beliefs) at an early age and then carry them around with us for the rest of our lives (like life sentences).
- Our lives then become an exercise in looking for evidence that the beliefs we have about ourselves are true.
- We want to be right more than we want to be free
- This is why we often struggle to achieve the results that we want ...

- At best our narrative isn't congruent, it's not working together in harmony to help us be effective in the real world.
- At worst, and in fact, more often than not, our narrative is a negative one, it *hinders* us in the real world.
- And just as with us, as with our kids.

### The power of NARRATIVE

- Any narrative, your narrative is by its nature limiting.
- It's not you who has been holding you back, it's YOUR NARRATIVE.
- It's your narrative that has stopped you from being the parent that you want to be.
- It's your narrative that has stopped you from achieving the things you want out of life in a way that is fulfilling to you.
- **AND HERE'S THE IMPORTANT BIT:**
- Our story is HOW we show up in the world... not just as a parent, but in our work, our relationships, our finances and health... EVERYTHING.
- **When we work on telling a better narrative we create a different context which creates better behaviour and therefore better results in our life.**
- Which is why I mentioned at the beginning that doing this work and making the changes I am going to show you, has had such a profound effect on my life... not just how I parent.
- Because when your IDENTITY, VALUES, and BELIEFS work in harmony, you act in a way that is an expression of your deepest purpose.
- They influence how you show up to any given situation.
- They also influence how the situation actually shows up for you.
- NOT only do you begin to see your world differently, you also begin to inhabit it differently.
- And this is when **everything** changes.

### SLIDE JIGSAW

- So, the final part of the problem solving jigsaw is YOU.
- Your narrative creates you, your child, their narrative and the problem.
- Your WAY of BEING is the key to everything.
- With every thought, every word, every action and reaction, you are helping your child to write their OWN narrative.
- Which is why when you change yours, you can't help but to change theirs too.

### SOLVING THE PROBLEM

- Hopefully this final part has given you some insights as to how you can solve the problem, through:
- Your WAY of BEING

- Helping you to support the development and growth of your child's way of BEING.

### **MY client**

- I'm just going to finish off with a few things:
- First... how my client resolved their 'problem'.
- When we had applied the 2 filters: Fact vs Fiction and Whose Business is it... my client saw things in a whole different light.
- they saw how their hidden beliefs about the way that the world worked were putting pressure on the child
- spoke to their child (without the filter of their beliefs) so they ACTUALLY listened to what the child said
- apologised for getting in their business and asked how they could help them
- they saw that their child was highly motivated in other areas, so motivation stopped being an issue
- in fact my client pointed this out to the child
- stopped worrying about the outcome, started to TRUST their child and this took the pressure right off and the child responded accordingly
- sat down with the kid and helped them work out a plan
- gave them full support
- THIS changed the whole thing completely, their relationship has improved no end
- realised that their relationship and helping their child to develop a robust psychological well-being was more important than petty squabbles

### **FINALLY**

- This has really been a taster of what's possible when you get deliberate about how you parent, or parent by design as I call it.
- And hopefully you can see that this is not just about parenting, but about how you show up and create your life.

### **SLIDE with QUOTE BELOW**

- It always looks like the solution to our problems lies outside of us, we think, 'that person needs to change' or 'things will be better when that situation changes', but as Jesuit priest and psychotherapist Anthony de Mello said: *Don't ask the world to change... you change first and when you change it will change.*

I'm just going to spend a minute to talk about what else you work on in the program.

### **THE PROGRAM SLIDE**

In the program I show you how to:

- Create a context that allows you to BE the BEST parental version of YOU and most importantly the PARENT that your child needs you to be.
- Write a better story for you
- Write a better story for your child
- Look at the areas in your life and your parenting that are holding you back
- So, the objective for this program is to show you how you can purposefully and deliberately create a better story for you and help your child to write a better story for *themselves*.