

# Enhancing Parental Outcomes



Explores core emotional skills combined with behavioral skills to help parents teach their children how to be in their lives with courage and depth.

Each Chapter combines an emotional skill (Acceptance, Beliefs, and Compassion) with conventional behavioral skills (Accountability, Behavior, and Courage).

***Tell on Yourself*** – Explores ‘accountability’ as means to ‘accept’ ourselves & others.

***Walk Your Talk*** – Shows ‘what we believe’ is ‘how we behave’ and ‘who we become’.

***Why You Should Care*** - Reveals how true ‘courage’ is ‘compassion’ for others.

<p><b>Parent’s Warm Up</b></p>	<p><b>Accountability and Acceptance</b> <i>-The real crisis is inside us.</i></p>	<p><b>Kid’s Practice Telling on Yourself</b></p>
<p><b>Agile Families – TED Talk</b></p>  <p><a href="#">Parenting Agility.webloc</a></p> <p><b>Note Strategies:</b></p> <ol style="list-style-type: none"> <li><b>1) Adapt...</b> All the time, don’t fear subtle changes.</li> <li><b>2) Empower...</b> Your kids to succeed or fail on their own terms.</li> <li><b>3) Tell Your Story...</b> Of your family in terms of your core beliefs</li> </ol>	<p><b>What is Accountability?</b> The courage to say ‘what I did’ mattered to you.</p> <p><b>Why do we fight it?</b> Being ‘wrong’ feels bad. Even when <u>we</u> aren’t bad. We avoid being wrong to protect our self image.</p> <p><b>What’s in it for me?</b> Trust for Yourself, Connection with Others, Lowers Conflict, Raises Mood, Better Physical Health Overall.</p> <p><b>Where do we find it?</b> Accountability starts ‘internally’ as a struggle between ‘being’ <i>right or wrong.</i> (see <i>Believing IS Being-Ch. 2</i>)</p> <p><b>How do we Teach it?</b> 1<sup>st</sup> – Tell on yourself to someone you hurt. 2<sup>nd</sup> – Feel <i>their</i> reaction:(sad, shocked, confused, angry) 3<sup>rd</sup> – Apologize for your part in their feelings.</p>	<p><b><u>Catch Your Eyes in a Lie!</u></b></p> <p>Hold still. Don’t breathe. Don’t move. Just for 3 seconds. Lift Eyes up to the right. Now down to the left.</p> <p>What entered your mind? Did you feel Scared? Did you feel ‘in trouble’?</p> <p><b>Did You Know:</b></p> <p>As you looked up to the right, you looked for ‘truth’. As you looked down and too the left, you looked for a lie.</p>

