

HOW TO SHIFT TO UNDER THE SURFACE THINKING

INSTEAD OF...

MY KID IS GIVING ME A HARD TIME

MY KID IS SUCH A LITTLE "BLEEP"

HE'S PUSHING MY BUTTONS

HE DID THAT DELIBERATELY

MY KID IS DISRESPECTING ME

MY KID NEVER LISTENS

MY KID WILL NEVER LEARN

MY KID IS AGGRESSIVE

...THINK

MY KID IS HAVING A HARD TIME

MY KID IS STRUGGLING WITH SOMETHING

THIS IS NOT ABOUT ME

HE DID THAT FOR A REASON

I WONDER WHY MY KID IS ANGRY

I WONDER IF HE HAS UNDERSTOOD OR HAS OTHER PLANS?

MY KID NEEDS MY HELP

MY KID NEEDS ME