



# Five Weeks to Lasting Peace with Your Intense, Difficult Child

## Week 2 Handout

### Review of the nuts and bolts:

- Video Game "Therapy"
- Being the Favorite Toy

### Phase 1: Energizing Success

- Your child's "Portfolio" is a collection of experiences and thoughts about his/her life. It's how they see themselves in life.
- Accumulations of negative experiences create a negative portfolio.
- Negative Attention is like Emotional Junk Food to the child and keeps them in a negative portfolio.
- NHA is about shifting the portfolio from a negative one to a positive one.
- One of the main ways we shift this is by **creating first-hand experiences of success in the moment**.
- Second-hand experiences of success ("Yesterday, when you took out the garbage I really appreciated it..") don't "download" as success as easily or powerfully as first-hand experiences. THIS IS CRITICAL!
- We shift the way we perceive our child so they shift the way they see themselves. This is powerful because children/teens with positive portfolios no longer need to get kicked out of school, steal, and chronically push the limits. They see themselves and the world differently.

### The Three Stands You Must Take To Be Successful:

- What is a "stand" and why is it important?
- What are the three stands?
  - I refuse to be drawn into accidentally energizing and rewarding negativity.
  - I will purposefully energize and nurture (grow) ALL successes.
  - I refuse to NOT provide a true consequence when a rule is broken.

## **Common Mistakes and Pitfalls When Getting Started**

- Starting with consequences
- Not being a “warrior”
- Allowing “leaks” of negativity
- Living in the past

## **The Solution**

1. Know when to take a stand and be a warrior.
2. Follow the 80/20 rule of thumb: 80% of the time is spent on a rich “time-in” with energizing the positive, teaching the rules when all is going well, etc. The rest of the 20% is the time-out part.
3. Trust your intention and trust the process. Helping kids shift their negative portfolio to a positive one is harder for some than others.
4. Lecture often, but at the RIGHT times.
5. Provide “drip irrigation” of emotional and psychological nutrition several times per day.
6. Applaud yourself!

## **Shift Your Perceptions First And Watch Your Child Change:**

- The story of Shamu: rope at the bottom of the pool, based on a relationship with the trainer, creating scenarios for Shamu to be successful.
- You as the parent need to put rope everywhere! Create successes where there aren't any. “Highjack” your child into success. Trick them if you have to!
- Tollbooth story: It's all how you see the picture. The power is in your perceptions. You have more power than you think.
- You as the parent can decide if the 1/2 hour your child was obnoxious after school over-rides the times when she was calm, appropriate, and kind. It's not an all-or-nothing proposition!

The bottom line is that we are shifting the negative portfolio to a positive one. We're creating successes where there aren't any. We're becoming willing to notice the ones that ARE there. We're becoming willing to be an “in the moment” warrior who is relentlessly pulling her child to success. We are becoming will to take a stand on pulling our child to greatness, even when it seems she is headed in the opposite direction. Lastly, we are acknowledging our doubts and not letting them get in the way of moving forward.