

A Two Legged Approach to Parenting

(yourself and others)

Left leg steps out first with empathy. (there is suffering in the world)

1. Acknowledging feelings positively
Sad.....mad....lonely...scared....???
2. Acceptance of those feelings as reasonable.

“Of course you’re feeling embarrassed, who wouldn’ be, it’s natural. It’s no fun to lose

a game, that is a part of playing a sport, someone wins and someone loses. If you wanted to lose, then I would be worried about you”)

Then the right leg moves forward with directions toward change

1. Positive statement about self.
2. Suggested outside help, problem solving, action approach.

“You know you were really good at pingpong, with practice you’ll get the hang of tennis”

“If you keep trying to play chess, the more you play, even when you lose, you are always learning new strategies. It will pay off”

“I know the job market is really competitive, and you feel sad, but you have always been a hard worker, and you have done a lot of things. Maybe we should look at another strategy, find out how people are getting jobs these days.