

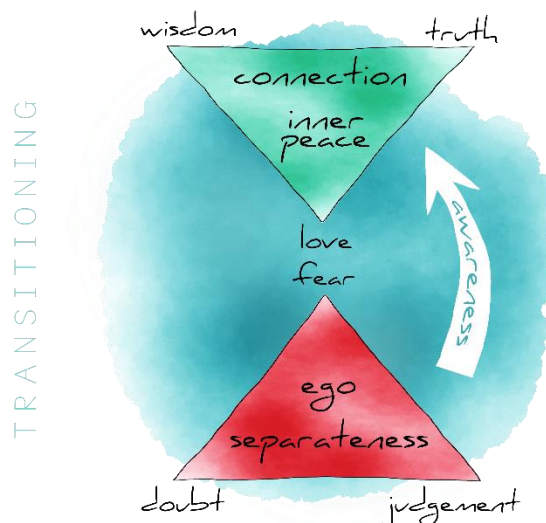
Peaceful Parent, Confident Children

Awareness: Access Your Inner Wisdom

The Conscious Intent Model Part III: Transition Strategies

1. Non- Judgemental: Choose the Love Based Triangle

- Awareness, self-assessment, and introspection.
- Change of state emotionally – intellectually – physically.
- Focus on intent Love-Truth-Wisdom.
- Judgemental behaviour is often accompanied with contractive emotions.
- Our language often reflects when we are in the fear based triangle. For example: “They could have...”, “They should have...”, “I wish they would have....”
- Recognizing ego and it’s many forms.



2. Detachment, Not Taking Things Personally, Set Up the Connection

- Body language, proximity, softening eyes, eye contact, touch, demeanor, “love you”, express affection and acceptance.
- Moving the body helps the mind shift perspectives.
- It is not about you, it is about the behaviour or opportunity to learn.
- Attachment to outcomes creates the ‘Victim – Blame – Defense’ reaction.
- Be open to what is, love and trust that whatever is showing up is for your benefit.
- Trust in the process and be present or mindful in the journey.

3. Discernment of Illusion vs Reality: Take the time to gain understanding

- Asking questions, paraphrase.



- Create emotional safety or acceptance for the child.
- Even if they have done something wrong, listen carefully.
- Whether coaching or praising the child, the energy of unconditional love is the same.
- Decide whether the situation is life threatening or morally threatening.
 - “Is it true?” and “How do you know it is true?”

4. **Seek Solutions, The Art of No Blame**

- Blame switches focus from solutions and learning to fault finding and punishment.
- Natural consequences often happen organically.
- Usually kids need consequences stated clearly and then consistently applied.
- The more the child is involved in the construction of consequences the better the learning.
- Consistent follow through is essential regarding discipline, it is about learning not punishment.
- Often the solution is right in front of you rather than creating a ‘separate’ consequence.

5. **Fake it Till You Make It**

- We do not need to feel calm to act calm, the action leads the feeling.
- This is a process where we incrementally learn, failure and succeed that ultimately leads to greater self-awareness.

6. **Avoid Assumptions**

- Making assumptions becomes problematic when we are attached to believing that our assumptions are correct.
- Assumptions occupy the otherwise open mind, rendering our listening and receptivity to a judgemental imagination.
- Asking non-judgemental questions can open doors of communication.

“The relationship that you create with your child profoundly affects your child’s confidence and inner peace.”

