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# We Can't Control Our Kids. So Now What?

## 1. WHY? **It's impossible, short term, and causes more misbehavior.**

Controlling comes from fear, worry, doubt, etc. It's impossible, so it creates a never-ending cycle of stress and anxiety that harms relationships.

### Impossible

You can't control someone else, only yourself. When we shift OUR behavior, then we have the true power to actually affect change.

### Short Term:

Control may seem to work at first, but it's just a very deceiving bandaid. The key is finding and healing the missing need so the misbehavior actually disappears.

### Causes More Misbehavior:

Control ignores needs of the other person, so it causes other misbehaviors. Instead we want to create a team mindset that values others' needs which fosters cooperation.

## 2. WHAT TO DO INSTEAD- **Lead our children**

Leading comes from a calm, trusting place, prioritizes the needs of the group, and promotes cooperation for long term change and a more fulfilling relationship.

**Step 1-** Admit reality- Child doesn't want a clean room/like school/have interest in activity and you can't make them. Let go and lessen expectations.

**Step 2-** Follow the 4 Ps- Pause, Pinpoint, Prescribe, Provide (Episode 4)

Usually boundary needs- theirs or yours. Curious Guidance and Enforceable Statements reciprocate and enforce boundaries without using control.

### Curious Guidance (for power-seeking)

Limited choices for young children, open for older.

- What do YOU want? Why?
- How can we work together to \_\_\_?
- Have you ever thought about \_\_\_?
- What are your ideas for \_\_\_?
- How do you feel about that outcome?

### Enforceable Statements (for limit-pushing)

Say what you will do concisely.

- When \_\_\_, then I \_\_\_.
- I will \_\_\_, when \_\_\_.
- I \_\_\_ to/with children who \_\_\_.
- With the freedom to \_\_\_ comes the responsibility to \_\_\_, or no freedom until responsible.

## 3. HOMEWORK!

1. What is it you are trying to control? Is it power-seeking or limit-pushing?
2. If power-seeking, what are some ways you can lessen expectations and use Curious Guidance to give them more freedom while you step to the side?
3. If limit-pushing, how can you enforce what YOU will do or not do so order and everyone's rights are still being respected?
4. If you are worrying about the outcome of giving your child more choice and power, why? Take time to investigate where the need for control might be coming from.