

# Empowering Parents To Raise Confident, Resilient and Happy Kids

## Step 1: Patterns and paradigms

**What generational patterns and old stories are  
you playing out within your family?**

Hello.

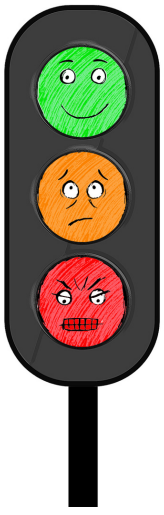
This is the point in the video where you will have pressed pause so you can do some reflection work.

This is important to help you through each step.

Think of something that either your child is going through at the moment that is triggering emotions within you whether it's the thoughts and belief you have of "I just know how they feel" and it's really hurting you or, their behaviour is triggering you or perhaps you find yourself with the same pattern of parenting that your parents used that you don't like?

Now, close your eyes down and notice how you feel  
and then write it down or, tick the appropriate emoji?



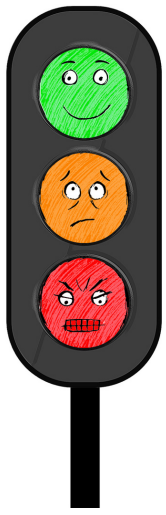


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Where in your body do you feel that emotion?

Now you are aware of how you feel write down the memory/story and what does it remind you of?



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All that you have just written down are old patterns and stories that you haven't dealt with yet.

It's time for you to write a new story and detach from whatever it is that's happening with either yourself, your child or your teenager.

You can do that by journaling or, you can use this exercise to help you.

You will need three chairs to do this exercise.



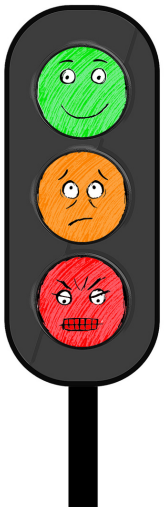
1st chair is you as you are now



2nd chair ~ other person  
involved



3rd chair ~ Observer

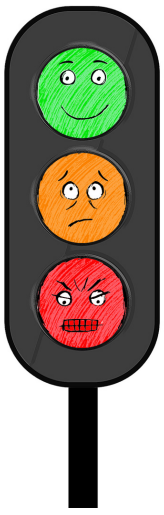


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When you are sitting in the first chair, tell the story from your perspective as you see it now. It helps to say it out loud.

Now, move to the second chair and tell the story from the other person perspective and write down your notes here.



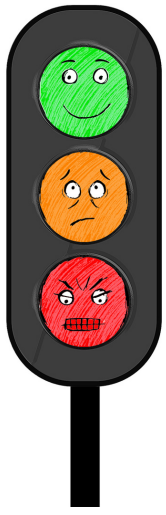


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Chair 3 is from an observers perspective. Again, write your notes here.

This is where you can write your new story.





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Now you have done that do you see the situation differently and does it feel different?

You have just taken the 1st step to change the patterns and old stories that you were holding onto. Now you have done that, you will be able to be truly present with your child/teenager or even partner and friends. When you are holding on to those patterns and paradigms you are keeping not only yourselves but also your children stuck.

Now you are freeing both of you.

**The past does not equal the future unless you live  
there.**

**~ Tony Robbins**