

Workbook

Limit Setting Mastery

ADVANCED LEVEL

LISA BOND

COACHING

Module #1

Life, Liberty, and the Pursuit of Happiness

OUR RIGHTS AS PARENTS,
PARTNERS AND FRIENDS

Rights of Parents and Partners

**We have a right to
"HEALTHY SELFISHNESS"
(balance)**

*We have a right (and may
have to learn) to SAY "NO"*

*We have a right to have our
own SUPPORT NETWORK*

**We have the right to
accept that WE CANNOT
SOLVE OUR LOVED ONE'S
PROBLEMS**

**We have a right to accept
that WE WILL LOSE OUR
COOL sometimes**

*We have a right to (and must)
PUT ON OUR OWN OXYGEN
MASK FIRST*

From NEABPD Family Connections



Tips for Clear Communication with Your Loved One

ASSUME NOTHING.

Assume nothing, be clear about what you expect. Spell it out and keep it simple.

One of the things I witness happening between clients and supports and certainly it was so for me in the past with my own daughter is that each party fails to clarify their expectations thinking, "H/S should know what I mean by that!"

EXAMPLE: I say, "Clean your room" but what I really mean is stop everything, go upstairs, dust, vacuum, put away the clean clothes and get everything off the floor. Her response of "OK" means I heard you and I'll get around to it sometime.

REMAIN NEUTRALLY CALM AND CONFIDENT.

This is KEY. It communicates to your loved one that:

- You know what you're doing
- You can handle the situation
- The situation is no big deal and nothing to worry about

If you are undisturbed it gives your loved one the message that managing their emotion is possible, that you know what is needed in the moment. You avoid reinforcing the disordered behavior with attention or power.

USE A FIRM MANNER FOR COMMUNICATING EXPECTATIONS.

You don't need to be firm all the time, only when things appear to be escalating. Why? Your loved one needs to know you are confident about what needs to happen – a firm stone decreases anxiety.

USE AN IRREVERENT MANNER.

Roll with mistakes, laugh at some of the goofy things we do and the situations we find ourselves in!

REMEMBER, THIS IS NOT A POWER STRUGGLE.

You are behaving as a calm, confident adult and modeling how such an adult copes with difficult situations. Your behavior is appropriate and not meant to control your loved one, but to help you stay grounded amid their chaos.

Controlling your response is the ability to remain flexible in challenging situations, roll with the punches, problem solve, and have willingness to try new things. Your loved one has not YET mastered these skills and instead uses dysfunctional behaviors as a coping strategy.

Things That Interfere with Clear Communication

____ Lack of Skill: I really don't know what to say or how to act in order to achieve my objective. I don't know what will work with my loved one.

____ Worry Thoughts: I have the ability, but my worries, anxieties, and fears interfere with saying and doing what I want.

- Worries about negative consequences. "They won't like me." They'll think _____"
- Worries that I don't deserve to get what I want. "Others needs should be placed above my own."
- Worries about not being "good enough." "I won't do it right." "I'll fall apart." "I'm so stupid."

____ Emotions: anger, fear, frustration, guilt etc. get in the way of my ability to behave effectively.

- I have the ability but my emotions take over and control what I do or say.
- I'll do anything to keep the peace

____ Indecision: I can't decide what to do or what I really want. My priorities are always changing.

- Saying no to everything vs giving in to everything
- Being too demanding vs not asking my loved one for anything

____ Environment: Sometimes the environment makes it impossible for even a highly skilled person to be effective. It's possible that being skillful may make things worse.

- My partner undermines my authority
- My loved one is incapable (in this moment) of giving me what I want

Influence vs Control

As your child grows older, he/she will need to become increasingly independent and able to make decisions. As a parent you will need to increasingly let go of your child. This transition requires a shift from control strategies to influence strategies.

CONTROLLING

- Parent seen as the authority who knows best
- Emphasis on telling the child what is right and wrong and getting the child to agree
- Emphasis on change by way of telling child what parent thinks is correct, best, true
- With young children, more control is helpful as they learn about life through their present

INFLUENCING

- Parent is seen as a teacher and guide who also learns from the child
- Emphasis on helping child develop their own values while making it clear what parents values are
- Emphasis on change by way of asking questions to help child explore his or her own views
- As a child becomes older, parent sees self as a consultant who offers information, while allowing child to decide for self
- Older children are better able to learn life through their OWN experiences

Alan Fruzzetti, Ph.D McLean Hospital in Belmont Massachusetts where he is Director of the 3East Boys Intensive Program: Director of Family Services, 3East Continuum.

Control Strategies

DECIDING FOR YOUR CHILD

- Say “Yes” or “No” to requests
- Choose for your child – clothes, activities, TV shows, bedtime

NO NEGOTIATING

- Have rules with no flexibility
- Have final word
- Refuse to discuss

DEFINING THE SITUATION

- Do not explore your child’s thoughts or feelings about the situation in any depth

POSTURE / TONE

- Use body language and tone of voice that convey certainty and being in charge

Alan Fruzzetti, Ph.D McLean Hospital in Belmont Massachusetts where he is Director of the 3East Boys Intensive Program: Director of Family Services, 3East Continuum.

Influencing Strategies

ROLE MODELING

- Behave in a way that you would want your child to behave, as they get older

CONSULTING

- Offer suggestions based on your experience and knowledge
- Help your child explore new options
- Leave final decisions up to your child

CURIOS QUESTIONING

- Be curious about your child's thoughts, feelings and opinions
- Ask about them without trying to change them
- Just be curious about them

NEGOTIATE

- Give a little to get a little

DEVIL'S ADVOCATE

- Pose questions that can challenge your child's view to help him or her explore all possibilities

Alan Fruzzetti, Ph.D McLean Hospital in Belmont Massachusetts where he is Director of the 3East Boys Intensive Program: Director of Family Services, 3East Continuum.

Influence vs Control Exercise #1

Over the next week, notice times that you try to control your loved one. What is the prompting event (what happened that led you to try to control your loved one?)

What did you try to do to control your loved one? Check all that apply and describe:

- Decide for them
- No negotiation allowed
- Defined the situation
- Body language / tone of voice
- Other

In this situation was it effective to use control rather than influence? Explain.

Were you successful in controlling them?

Influence vs Control

Exercise #2

Over the next week, notice times that you try to influence your loved one. What is the prompting event (what happened that led you to try to influence your loved one?)

What did you try to do to influence your loved one? Check all that apply and describe:

- Role modeled
- Consulted
- Curiously questioned
- Devil's advocate
- Other

In this situation was it effective to use influence rather than control? Explain.

Were you successful in influencing them?

Asking for Help / Support System

MY INNER CIRCLE

These are very special people. They know just about everything about you—and they like you anyway. You would not think twice about asking them for help in a time of emergency because that is the type of relationship you have. You would do the same for them. If you are rude to each other, you feel very comfortable letting the other person know your feelings. These are people you have close, genuine relationships with. SPECIAL, SPECIAL PEOPLE!

MY MIDDLE CIRCLE

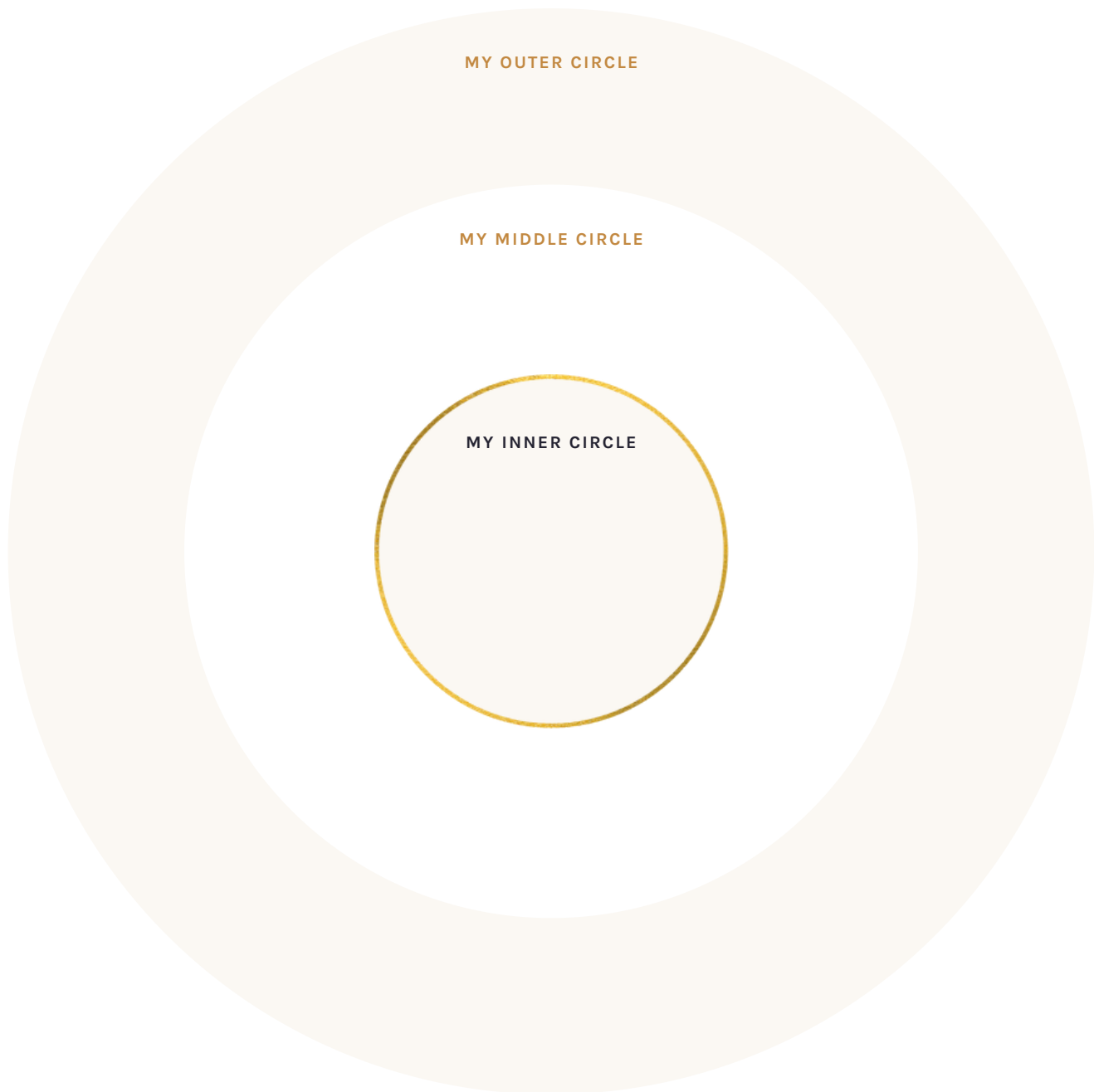
These are good friends. They know a lot about you. For example, they probably know a great deal about your day to day activities and stressors. They may not know very intimate details about your history, but they might know some. You look forward to spending time with them. You look to them for instrumental support (they would certainly do you a favor, but you would be included to ensure you returned the favor tit-for-tat, as in feeling you “owe” it to them.

MY OUTER CIRCLE

These are casual friends. You are friendly to them. It’s nice to see them. You probably don’t go out of your way to make plans with them other than during the context in which your paths cross. You enjoy their company. They probably know the members of your family and relevant details, however you would not ask them for things outside the context in which your paths cross. For example, if you knew them at work, you may ask them to cover your job and make arrangements to cover their job in the future.

Support System / Asking for Help Exercise #1

In each circle, write down who currently fits the description on the previous page.



Support System / Asking for Help Exercise #2

Take a look at your inner circle. Are there people there? Are there any people in your middle circle that have the potential to become insiders? If so, what are some of the things you are willing to share with them to bring them one step closer?

Take a look at your outer circle. Are there people there? Are there any people in your outer circle that have the potential to become middlers? If so, what are some of the things you are willing to share with these individuals to bring them one step closer?

Think about your relationship with yourself. Where would you put yourself? Are you a member of your own middle circle? If not, what are some kind and gentle things you can do for yourself to bring yourself one step closer to your heart?

Wise Mind Coping Thoughts for Parents

01

All kids get angry with their parents; it is part of healthy development.

02

The fact that my child says “No” to me does not mean I should not have asked in the first place.

03

Changing my mind can mean I’m being flexible which is a good thing to model for my child.

04

My being in charge of my child gives him/her a sense of security (even if h/s doesn’t always like it).

05

Consistency is best measured over months and years. I don’t always have to be the same.

06

I need to be able to meet my own needs in order to be able to meet my child’s needs.

07

Consequences are an important part of parenting,
AND they are not the only answer.

08

If I respect myself and my child,
they will respect me.

09

At times, not controlling my child and letting
them make their own mistakes is the best
parenting there is.

10

My child can make mistakes and
that doesn't make me a bad parent.

11

If someone else disapproves of my parenting it doesn't
mean I'm a bad parent. If my child does not succeed or
is unhappy, it is not a sign of my failure as a parent.