

The Seven Deadly Errors in Relationships

1. Believing that we can control and make others do what we want.

Most of us fall into the trap of trying to **make** others do the “right thing”. Our well-intentioned goals become overshadowed by the techniques we use. This is almost universal in people and it is one of the most deadly myths that we embrace.

** instead focus on how we can influence respectfully.*

2. Using emotions to try to motivate others (Anger, guilt, shame, etc)

When we lack techniques and we become frightened, we tend to use emotions to manipulate others to do what we want. This can work but has VERY HIGH PRICE TAGS.

** Instead understand that we can appeal to others self-interest, using logic.*

3. Spending more time in front of “the screen” than we do with spouse, friends/children

The message sent to others is that they are not as interesting/important as what is on the screen; the computer, Facebook, cell phone, and TV have all been used as a socially acceptable drugs for many families.

** Instead turn off the devices and have “black out nights” where these are just not available to anyone in the family.*

4. Allowing our job, hobbies, church, and friends to come before our relationships

When we place other programs and activities before our important relationships it is often because we are either following a sentence that demands working over relationships, or we might be unfamiliar with how to be involved, or we may be afraid of intimacy. (More common than most of us would suspect)

** Instead allot time with our major priority becoming more connected to our important others; family, friends and neighbors.*

5. Rewarding and punishing others.

Rewards and punishments are outdated. Any program that uses these techniques is not up on current research. The price tags for these techniques are really high... low self-esteem, lots of anger and dependency, the list goes on and on.

** Instead stop using rewards and punishments and learn the techniques of encouragement, which are much more powerful in encouraging self-esteem.*

6. Using words and phrases that are sarcastic, superior or put others down.

Anytime we demean others we are “taking money out of the bank”. What we sow, we will reap. People in our lives that have been demeaned tend to learn to demean others as well as themselves. The sentences that we give them about them influence how they see themselves.

** Instead be committed to a life change that involves never being sarcastic or demeaning EVER. . . learn to use boundaries to protect yourself, not sniping techniques.*

7. Not looking in the mirror at our relationship patterns and styles and not being aware or owning our personal baggage.

Probably one of the greatest problems in our culture, most of us would much rather focus our energy on what others are doing wrong than why we are ineffective with them. It takes great courage to look in the mirror and ask questions about HOW WE interact and influence our significant others. When we do, however, the results are almost magical in helping us be more effective and close in relationships.

**Instead spend time examining who you are, where you came from and where you are going. . . really get to know yourself.*

Three Basic Foundations of Effective Parenting

If we use the image that balanced, responsible parenting is like a three- legged stool, the following points may help focus on what techniques and concepts are successful. Each of the three points is like a leg of the stool, and without any one of them the stool will not stand. So also is parenting, each of the following points is **ESSENTIAL** to responsible parenting. We may want to take personal inventory to see if our parenting is balanced with the three basic concepts.

1. Supervision

This includes spending time with our children, but is much more encompassing than that. Knowing who our children's teachers are, what their favorite food, music, friend and what they don't like is equally important. Being with our children doesn't mean plopped down in front of a video or T.V. over and over. It means **FACE TO FACE INTERACTION WITH MEANING**. A small part of this is knowing where our kids are, what they are doing and who with. Supervision is not a license to resurrect the KGB or Gestapo.

WAYS TO SUPERVISE EFFECTIVELY;

- a) Be present in children's lives, know their teachers, go to P.T. conferences, etc.
- b) Ask and expect answers about where, who, and when, without demanding
- c) Be friendly and respectful
- d) Link *responsible behaviors to freedoms*
- e) get to really know our children
- f) follow through with discipline and encouragement
- g) Plan and set goals then follow through (MODEL what you want in them)

2. Structure

When we provide structure for our children, we both model and teach directly. This may take the form of written guidelines, contracts, agreements, job charts or whatever form we may use to **DEFINE RESPONSIBILITY AND BOUNDARIES**.

WAYS TO STRUCTURE EFFECTIVELY;

- a) Have a division of labor in the home, with jobs and responsibilities clearly defined
- b) Attach time frames, levels of expectations and then teach them how to do the job
- c) Make sure that rules, guidelines etc. are **WRITTEN, POSTED AND SIGNED**
- d) Address issues of consequences for both follow through and noncompliance
- e) Have weekly family meetings, preceded by a parenting strategy meeting
- f) Teach children early on what you expect, work on prevention and teaching

3. Encouragement

This is the process that helps us feel worth. When we encourage our children, we help

instill courage. As we are successful our children feel that they are important and become more and more independent and responsible. Misbehavior usually results from discouragement. When children are encouraged they tend to speak out, and the chances of them acting out diminish dramatically.

WAYS TO ENCOURAGE EFFECTIVELY;

- a) Learn, practice and then use reflective listening
- b) Know the difference between ego esteem and self esteem
- c) Work actively to encourage feelings in the home
- d) Allow and encourage feedback from the children about parenting effectiveness
- e) Touch, hug and HOLD, HOLD, HOLD them
- f) Speak with encouraging comments, acknowledge effort
- g) Focus on feelings rather than performance
- h) Right VS Close?

Quotes to Remember

“As long as children believe that they are insignificant, there will be chemically dependent, anorectic, suicidal children.”

Dr. Stephen Glenn

“In society we love children when they are under control. We hate or fear children who defy us, children who are independent, quirky, free thinking, nonconformist, idiosyncratic, precocious, or critical of adults.”

Do Americans Hate Children? MS. MAGAZINE, NOV. 83

“A child’s behavior is largely determined by his or her self concept. Improve the self concept and you improve the behavior.”

Dr. William Glasser

“When children don’t feel accepted, loved, secure, approved and responsible, they get discouraged and are likely to misbehave. Aggressive, autocratic methods that try to control children will not teach self-discipline or instill a spirit of cooperation. But children usually do respond cooperatively if they sense that you accept and respect them as people.”

Dr. Don Dinkmeyer

“Rewards and punishments are both outdated, a child soon considers a reward his right and demands a reward for everything. He considers that punishment gives him/her the right to punish in turn and the retaliation of a child is generally more effective than the punishment inflicted by the parents.”

Dr. G. Hugh Allred

