**Paradox of Parenting:** *Week #3*

Instead of Ignoring or Demanding Change:

*Accept***:** *Middle Path***:** Change:\_\_\_\_\_

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*Authoritative parenting is* ***both***

demonstrating reasoning, support, love and respect

WHILE ALSO having high demands for mature behavior

*=aka Middle Path*

*Steps to take to practice acceptance when asking for change right now isn’t effective:*

(this also helps build your window of acceptance)

1) Take a deep & mindful breath

2) Notice any tension you’re holding and try to open your posture: uncross arms, relax hands, loosen jaw, sit/stand more upright

3) Open your palms up and adopt a willing posture

4) Then scan for facial tension from the top of your forehead to the bottom of your neck and relax each muscle; just slightly turn the corners of your lips upward

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| Acceptance | Change |
| * Dialectical thinking | * Shaping behaviors |
| * WiseMind | * Communication skills-ask for change/observe limits |
| * Nonjudgmental stance | * Reinforce behaviors |
| * Validate | * Validate |
| * Compassion exercises | * Respond to crisis |
| * Breathing/ half smile/ willing posture | * Crisis skills for you! –urge surfing, stop, TIPP |
| * Dipping | * Self Care |

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| Situation | Ways I’ll Practice Acceptance | Accept & Change | Ways I’ll Encourage Change |
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