**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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