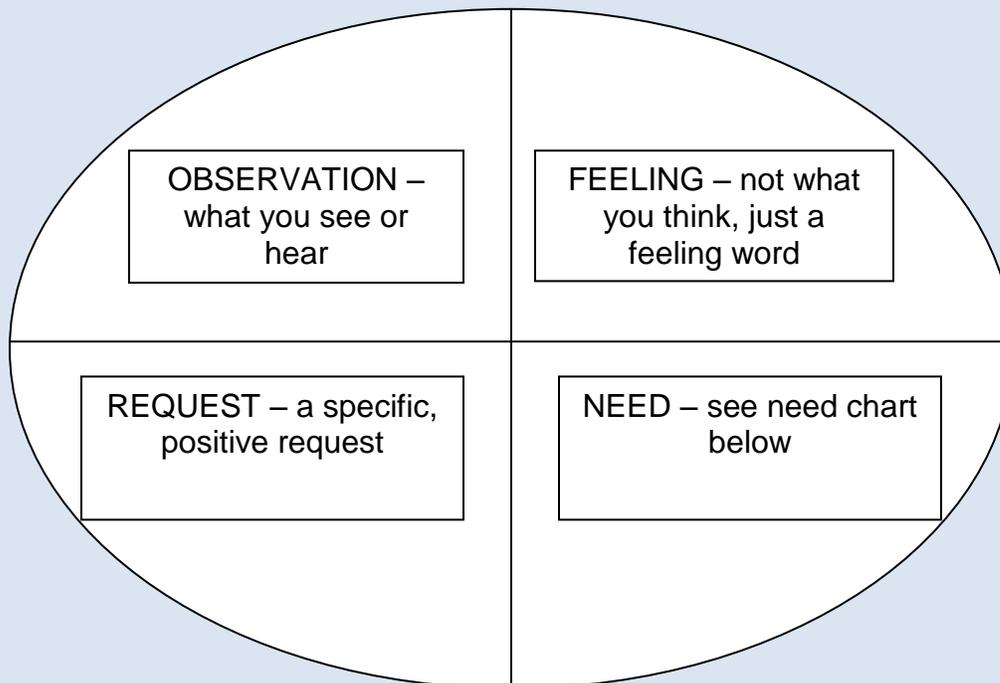


## Want to Talk? - CUT IT OUT! Lifseminars.com

Words are so powerful. Often our loving intentions get lost in our language. If you are criticizing, labeling, blaming, using put downs, making assumptions and giving long lectures, you really need to CUT IT OUT!

We are trying hard to be mindful of our messages today ... “I don’t like your behaviour right now.” Do you think a child is able to say to himself, “Okay, you love me but you don’t like my behaviour? - Probably not. It helps to be specific when giving children feedback either positively or negatively. Try to make an observation describing exactly what you see or hear. “It is 5:00, I expected you home at 4:00.” Sharing your feelings with your kids helps them understand you and the impact of their behaviour. “I have been so worried and upset.” The most powerful part of an “I Statement” is identifying needs, “I need to know you are safe.” This brings discipline to a deeper level. I would rather my kids come home on time because they know I am worried and I care about their safety rather than fearing punishment and anger. Finally, we can make a specific, doable request, “Lets figure out what time you are coming home and what you will do if you are going to be late.” Say it like you mean it and let your body language match your feelings.

Of course making an “I Statement” doesn’t guarantee results but it does bring in a safety net eliminating some very destructive habits. Practicing this during the calm times (with everyone) will help you use an “I Statement” when you are upset. This language feels safe and doesn’t send us into a defensive position. Jump into the speaking circle when you need to make a request, state concerns, praise or set limits. You can use part of it or all of it.



These are needs that parents often express to their child: appreciation, clarity, consideration, fairness, honesty, reassurance, respect, support, trust, understanding, emotional and physical safety, order, peace and quiet, time alone.