How to become a POWERFUL role-model, no matter the situation!

Introduction:

In conflicts with our children, we as parents can switch fast into emotions like anger & frustration. Often this kind of emotions are used destructive. To show up as a powerful role-model for your children, I provide you with some powerful tools. When using them you will model for your kids how responsible, calm, positive and supportive actions look like - and they can learn and practice them over time.

Short-term:

01 Awareness: increase your awareness when you transition into negative emotions

02 Move your body differently to change how you feel:

- ✓ Pose, Gestures, Facial Expressions, Muscle Tension
- ✓ Breathing (Volume & Speed)
- ✓ Tone & Volume of your Voice / Talking Speed

03 Shift your Focus: -> Ask Yourself Good Questions!

- ✓ What could this reaction of my child mean?
- ✓ What can I learn from this?
- ✓ How can I turn this into a win-win situation?
- ✓ What is positive in this situation?

Short-term:

04 Improve your meaning:

- ✓ It is the behavior you don't like, not the child itself
- ✓ Conspire with your kid to conquer the behavior

05 Boost your empathy by using one of the 3 mantra's:

- ✓ Offer your presence:
  "My lovely [name], I am here for you."
- ✓ Recognize the suffering and offer your presence:
  "My lovely [name], I see that you suffer and I am here for you."
- ✓ Show your vulnerability and willingness to resolve:
  "My lovely [name] - I suffer. I try my best - please help me."

Long-term:

01 Reflect your disempowering patterns in conflicts.

02 Write down improved patterns for movement, focus & meaning.

03 Actively practice to shift between your old and new patterns.

Need support in Integrating?

Using this techniques will help you to show up for your children from your highest self. The key is consistency. As the execution and integration in daily life can be challenging, I am here for you.
I provide a free Integration-session on martin-biesold.de/integration-session.

Example - How I apply the short-term solutions

01 Awareness: While preparing my kids for kindergarten, my daughter has a tantrum. I feel that I get tensed and anger builds up - which reminds me to use my tools:

02 Moving my body differently to change how I feel:

- ✓ I slow down my breathing (inhale 4s, stop 4s, exhale 12s, stop 4s -> repeat). It slows down my heart rate and calms me.
- ✓ I relax my muscles and sit down calmly
- ✓ I talk softly but with confidence with my daughter - providing support and empathy (see Mantra's)

03 Shifting my Focus: I ask myself:

- ✓ What should be the outcome of this situation?
  My kids will experience a pleasent morning overall.
  My kids will be in kindergarten on time.
- ✓ How can I turn this into a win-win situation?
  I will stay calm otherwise it will get worse.
  I will help my daughter to refocus to get out of the tantrum fast.
- ✓ What is positive in this situation?
  My daughter is training her lungs & voice intensively
  We have a small time buffer.
  The problem is a minor thing.

04 Improving my meaning:

- ✓ My daughter is too young to regulate her emotions
  The screaming at me is a tool she uses to solve her inner conflict - I dislike the tool but love my daughter.

05 In step 2 I used 1 Mantra while changing my voice and tone:

- ✓ "My lovely Liah, I see that you suffer and I am here for you."