

How to Move From HURTFUL BELIEFS to HELPFUL TRUTHS

Underlying Issue or Emotion	Hurtful Belief	Helpful Truth
Family history	My parents were strict/harsh OR disengaged/passive. I <i>don't</i> want to do that, but I've had no example of confident, engaged authority.	I can carve a different path than my parents. As I learn to be kind and firm, my child's <i>trust</i> in me grows
Anxiety about conflict	I believe that conflict is bad or means my child doesn't love me. I do whatever I need to do to avoid my child's displeasure or rejection.	Conflict is a normal part of life and healthy relationships. I don't need my child's approval to be ok. Parenting with gracious authority will earn my child's true respect.
Misguided compassion	I hate to cause my child distress by giving a consequence. I avoid giving any consequences because my child has special challenges (i.e. learning disability, anxiety, ADD).	My compassion is a gift, but I want it to help, not hinder, my child. My child needs to be prepared to accept the boundaries and consequences life will bring.
Guilt	I overcompensate after I lose my temper, or my child's <i>other parent</i> is too harsh.	I can apologize (or comfort) after harshness, and then bring <i>stability</i> with confident guidance/limits.
Shame	I don't feel worth listening to. I may say, "You never listen to me," as if to declare, "I'm inadequate to parent you. You will always disregard what I say."	Parenting my child with authority is a God-given calling. God will grow me strong enough to fulfill the calling He has given me.
Fear	I often believe, "I can't take another meltdown!" I walk on eggshells and give in to avoid another outburst.	In all circumstances God gives me strength. As I stay calm but don't give in, my child's demands will lessen over time.