

# When Parenting Styles Clash

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# OUR IDEAL IMAGE

- \* Pre Children
- \* What Did You Imagine?
- \* How Is Current Reality Different?

# BE RIGHT OR BE IN A RELATIONSHIP

- \* WHY DO WE INSIST ON BEING RIGHT?
- \* Exploring Family of Origin
- \* A Lifetime of Conditioning

# WHAT Was I Thinking?

- \* NOW What?
- \* Self Awareness
- \* Patience
- \* Noticing Our Reactions
- \* Changing Our Reactions

# LOVE IS ALL YOU NEED

- \* WHAT ABOUT LOVE?
- \* Is It ENOUGH?
- \* Accepting what we cannot change
- \* Man in the Mirror

# A NEW PERSPECTIVE

\* COMMUNICATE

\* COMPROMISE

NEGOTIATE

IMPLEMENT

# YOU'RE THE ALPHA

- \* GET ON BOARD THE LIFE BOAT
- \* Boundaries, Boundaries, Boundaries
- \* CONSISTENCY
- \* STRUCTURE

# SUPPORTING ONE ANOTHER

- \* WHAT IS YOUR MISSION?
- \* DAILY PRIORITIES
- \* SET INTENTIONS

# JUST DO IT

- \* FORCE YOURSELF TO DO WHAT IS UNCOMFORTABLE
- \* Definition of Insanity...
- \* Consequences
- \* Initial dread yet long term PEACE