

## 2 NOTES ON PARENTING

**THIS IS ABOUT PARENTING, NOT ABOUT MOTHERING OR FATHERING. PARENTING HAS TO DO WITH YOUR ATTITUDES AND BEHAVIORS WHEN YOU ARE INVOLVED WITH THE CARE, CUSTODY, OR CONTROL OF OTHER PEOPLE. (MOTHERING AND FATHERING ARE INCLUDED IN PARENTING). YOUR FOCUS IS ON THE CHILD EGO-STATE OF OTHERS. THEY CAN BE BIOLOGICAL CHILDREN, ADOPTED CHILDREN, STEP-CHILDREN, NEIGHBORHOOD CHILDREN, CO-WORKERS, FRIENDS, STRANGERS, YOUR PEERS, YOUR BOSS OR YOUR EMPLOYEES.**

### WHEN PEOPLE SHOW STRONG FEELINGS

**WHEN A CHILD (PERSON) IS CRYING, (OR ANGRY, OR FEARFUL):**

**DON'T: SAY "DON'T CRY" -- THIS GIVES THE MESSAGE THAT THE TEARS ARE NOT OK.**

**DO : STAY WITH THEM UNTIL THEY STOP CRYING--THEN SAY "TELL ME ABOUT THAT."**

**THIS WAY THE PERSON (CHILD) IS ABLE TO CONTROL THEIR OWN FEELINGS, IN THEIR OWN WAY, ON THEIR OWN TIME. THEN THE EXPRESSION OF THEIR FEELINGS DOES NOT BECOME A CONTROL STRUGGLE WITH YOU. INSTEAD, THE TWO OF YOU CAN TALK ABOUT THE PROBLEM. THIS HELPS STAY OUT OF THE DRAMA TRIANGLE AND ENCOURAGE OPENNESS AND TRUST.**

**WHEN PEOPLE ARE "FULL OF FEELINGS" THE "FACTS" ARE NOT LIKELY TO COME OUT VERY SOON. BEING PATIENT WITH THEIR EXPRESSION OF FEELINGS BUILDS TRUST AND COMFORT.**

**JUDGMENTALNESS -- "YOU SHOULDN'T FEEL THAT WAY" -- KILLS TRUST, COMFORT, AND COOPERATION. PEOPLE WILL STOP TALKING TO YOU AFTER 2 OR 3 OF THESE JUDGMENTS.**

### WHEN PEOPLE BLAME AND FIND FAULT

**BLAMING AND FAULT FINDING INVITE US TO BE EMOTIONALLY ON THE DEFENSIVE (ADAPTED CHILD). THE FIX FOR THIS IS TO BE PROTECTIVE ABOUT OURSELVES BY USING OUR PARENT-ADULT SYSTEM. OTHERS BLAME AND FIND FAULT FOR THEIR OWN REASONS AND FEELINGS.**

**THIS MEANS MAINTAINING A STABLE ATTITUDE IN OUR PARENT OF I-AM-OK--YOU-ARE-OK (DON'T TAKE BLAMING PERSONALLY), AND WITH YOUR ADULT, PROFESSIONALLY GETTING THE FACTS. CRITICAL ANALYSIS, NOT CRITICISM, IS REQUIRED TO TALK IN A STABLE MANNER.**

**DEFENSIVE USES THE CHILD-ADULT SYSTEM - PROTECTION USES THE PARENT-ADULT SYSTEM**



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**