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ON PARENTING STYLES

UNDERSTANDING HOW YOU CONNECT WITH YOUR CHILD

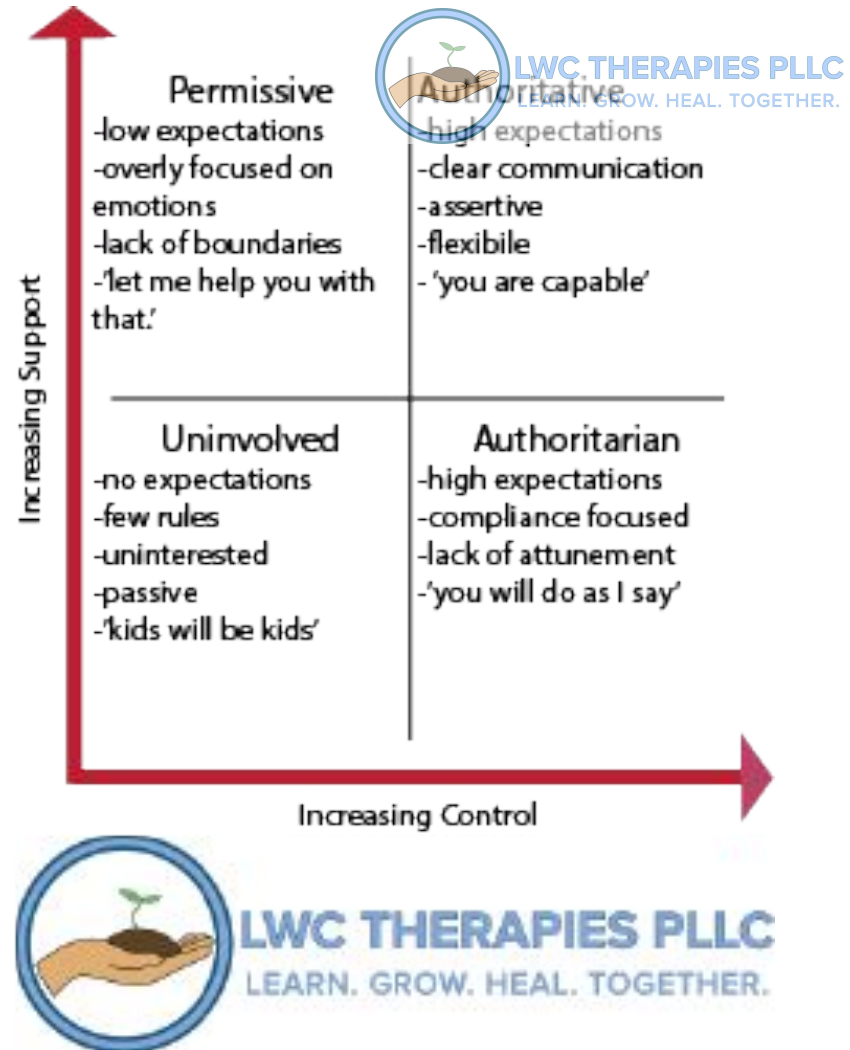
WHAT DETERMINES PARENTING STYLES?

1. **Attunement** to your child's emotional state,
2. Attempts to **control** your child's behavior so they can 'fit' into the family system, and
3. The parenting styles you experienced in your **family of origin**.

Remember: attunement is seeking to connect with the underlying emotion driving your child's behavior. All behavior is a form of communication!

WHAT ARE THE PARENTING STYLES?

- **Authoritative** – balance both attunement with boundaries
- **Permissive** – all attunement, no boundaries
 - Focus is on alleviating your own anxiety around an outcome
- **Authoritarian** – no attunement, all boundaries
 - Focus is on compliance
- **Uninvolved** – no attunement, no boundaries



YOU ARE NOT ALWAYS IN AN UNHEALTHY
PARENTING STYLE - YOUR PATTERNS ARISE
IN MOMENTS OF STRESS IN THE
RELATIONSHIP!

HOW PARENTING STYLES RELATE TO EMOTIONAL MANAGEMENT



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Remember: as emotions go up, ability to think clearly goes down.

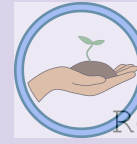
- As emotions go up, stress goes up, and you are more likely to become:
 - Authoritarian (compliance-focused)
 - Permissive (appeasement-focused)
- The bigger your **emotional capacity cup**, the longer you have to stay an Authoritative parent

OVERLAP WITH THE DRAMA TRIANGLE

Similarities between:

- Persecutor & Authoritarian: focused on compliance & control. Lack of attunement to child's behaviors. Seen as 'the bad cop.'
- Rescuer & Permissive: focused on alleviating their own anxiety about the situation. Few boundaries.

Remember: stepping out of the Drama Triangle is similar to remaining an Authoritative parent, even in stressful situations!



Rescuer:

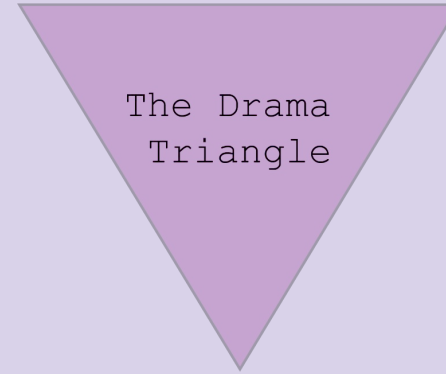
Persecutor

'Shame on you!'

'I can't believe you did this!'

'Let me help you with that'

'You can't do this for yourself'

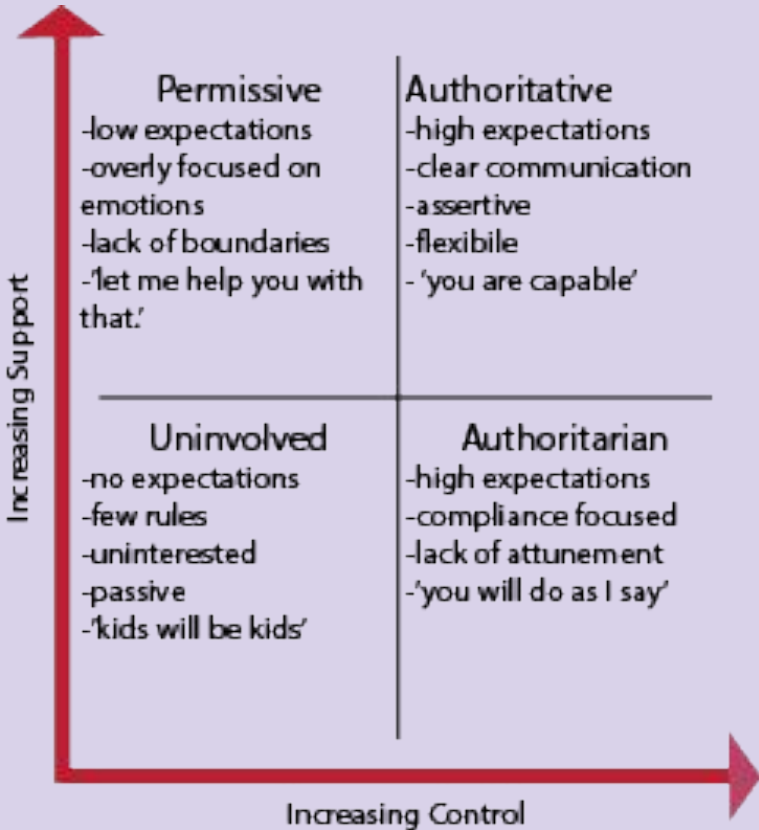


The Drama
Triangle

Victim:

'I can't do it'

'Look what you have done to me!'



SO ... HOW DOES SOMEONE BECOME MORE AUTHORITATIVE?



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1. Increase the size of your **emotional capacity cup** so you can regulate your emotions longer.
2. Practice **values-driven communication**, focusing on attunement to the underlying emotion (while still maintaining the boundary & the consequence)
3. Practice the ABCDEs
 - a. **Attune** to the underlying emotion
 - b. Set **boundaries**
 - c. **Communicate** using 'I-Focused' language
 - d. Recognize if you're in the **Drama Triangle**
 - e. **Empower** your child/partner to solve their own problems



AND REMEMBER ...

AN INDICATOR OF A HEALTHY RELATIONSHIP IS NOT NEVER
FIGHTING, IT'S HOW YOU REPAIR AFTER THE FIGHT.



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