

Quick Reference

The tools from the course, in one place — for the moment you actually need them.

THE TOOL · LESSON 3

Emotional steadiness does not mean feeling nothing. It means your feelings do not control your behavior. Use this in the moment before you respond.

<i>Pause</i>	Stop before you respond. Even one full breath changes what happens next.
<i>Name</i>	Silently name what you're actually feeling — not the story about the situation, the feeling itself.
<i>Choose</i>	Decide your response on purpose, instead of letting the feeling decide it for you.

THE FIVE PILLARS · LESSON 4

<i>Honesty</i>	What you say matches what actually happened, even when the truth costs you something.
<i>Humility</i>	You can be wrong out loud, in front of them, without it threatening your authority.
<i>Responsibility</i>	You own your part before you address theirs.
<i>Boundaries</i>	You hold a line you set, even when holding it is inconvenient for you.
<i>Apology</i>	A real one, naming what you did — not a conditional one that quietly blames them.

*Before you build the child, build the parent.
A steady character creates a safer home — and raises a steadier child.*

THE CHARACTER OF A TRUE PARENT

Three Commitments

A worksheet for the close of Lesson 5. Write these in your own words, then keep this page.

Choose three character commitments your family can expect from you, consistently — not perfectly, but predictably.

1. A commitment about how I will handle my own anger.

2. A commitment about how I will keep my word.

3. A commitment about how I will respond when I'm wrong.

REFLECTIONS FROM THE COURSE

Lesson 0	If your children were asked to describe who you become under stress, what would they say — and how far is that from who you want to be?
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Lesson 1	What does my family experience when I am under pressure?
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Lesson 2	Identify one reaction of yours that belongs more to your past than to the present situation.
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Lesson 3	Pick one recurring flashpoint with your child. Try Pause — Name — Choose next time it happens.
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Lesson 4	Identify one area where what you expect from your children and what you model for them contradict each other.
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