

Outlines for My Life Rulz FaceBook – Is Yelling the new Smacking?

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The Humiliation Button

- Remember the question – “If I didn’t grab anger what is the ‘other’ feeling I would have to feel?
- Humiliation button – how do you know if you have this one? By the things you do to never feel it.
- If you have most of these symptoms then this is probably your unbearable feeling – it needs downgrading to uncomfortable so you can choose a healthy reaction/response
- Here is a list of the survival kits you would grab to try and avoid ever **feeling humiliated**.
 - *Quick to take offence*
 - *Avoiding the spotlight.*
 - *Pride.*
 - *Peace at any price.*
 - *Avoidance of public situations.*
 - *Find it very difficult to admit that you are wrong*
 - *Chronic and often constant self-justification or*
 - *Difficult to take a correction without anger.*
 - *Procrastination.*
 - *Second-guessing others (possible) reactions.*
 - *Might find it very hard to display emotion.*
 - *Anger at anyone who draws attention to you. – children do that!*

What do you do?

- Ask yourself – when do I first remember feeling overwhelmed with embarrassment or humiliation? This will probably be years ago – in your own childhood.
- You are going to need to ‘make friends’ with the possibility of humiliation so your mind can find out that it is no longer unbearable, just unpleasant.
- When you have a UBF your mind and feelings are exaggerating the possible danger of it.
- In my last post in this series I will be giving a few truth coaches to start holding onto so you can navigate this button and stop grabbing the survival kits I have mentioned.
- If you would like an appointment with a professional please PM me and I will give you a few names of colleagues I trust.

Remember: - it is your responsibility to remove the button in your life so that other cannot push it! It is not their responsibility to step around your landmine.

The Unheard or Disobeyed Button

Last post I said it is actually your responsibility to remove your button. It isn’t other people’s job to try and avoid it.

This next one – a nasty one when it comes to shouting and yelling.

Here are the symptoms/survival kits that you will grab to avoid feeling unheard or disobeyed

- *Anger at anyone who draws attention to you. – children do that!*
- *All arguments escalate - even the petty ones as you seek to justify yourself.*
- *Too much nagging and Chasing’ to prove your point.*

- *Trying too hard with too much aggression) to convince others of your way of thinking*
- *Second-guessing another's response - what others are thinking.*
- *Must have the first and last word.*
- *Repeating yourself far too much*
- *Inability to stop and really listen and to paraphrase*
- *Following people around trying to make them listen*
- *Too much eye contact and feel disrespected when they won't give it to you*
- *Authoritarian attitude and anger – do as I say!*

Isn't it incredible what we will grab just to avoid that one particular 'unbearable feeling'!
It is now these survival kits that are the bigger problem.

Lady in the supermarket – toddler less than 2 years old.

A real key here for you to begin doing today is this: -

- STOP, breathe, think, listen and check in with your child
- "Can you let me know what you think I just asked you please?"
- "Great you have heard me correctly, now can you please do it."
- "What is your objection to doing what I ask right now?"

**Remember – you lose your dignity when you grab yelling and you damage their trust.
There is nothing good at the end of yelling/anger.**

**Your children won't care what you know (or ask them to do) until they know that you care –
Listening does that.**

The overwhelmed, overloaded – too tired button

There is hardly a day that goes past where I don't hear someone saying that they can't cope or they can't be bothered or that it is all too hard. Not just about parenting but in other areas of life.

If you believe the 'lie' that it is all too hard then you are probably going to 'feel' consistently overwhelmed and not stop to look at the evidence that you are probably coping far better than you believe. Maybe you are believing your feelings too much. As Jordan Peterson says, "Life is tough, it can be brutal – but you are tougher!" That is resilience.

Here are the symptoms/survival kits that you will grab to avoid feeling overloaded or tired

- *Repeatedly dumping commitments / responsibilities partway through.*
- *'Snapping' at children or over-reaction to any unexpected requests.*
- *Depriving family of quality time.*
- *Achieving less and less.*
- *Increasing procrastination.*
- *Excessive anger at anyone who interrupts your sleep*
- *Then too angry to go back to sleep after being woken.*

Many a mother has actually become allergic to feeling sleep deprived because they actually were for quite a long time! However, if that time of your life is now over you need to challenge that outdated unbearable feeling.

Yes, parenting is hard work and (as James Dobson says) it isn't for cowards. It is our divine invitation to up-skill. To read more. To talk with other parents who are doing well. To look around the internet – like you are doing now! To heal your own life and do a parenting course.

On the one hand you may not be as overloaded as you feel but on the other hand you must give yourself time out and 'me' time.

Maybe you have developed an emotional habit of feeling overloaded. Possibly you need to re-parent yourself a bit more. Cheer yourself on, believe in yourself and dare to believe that you have or can get what it takes to be a great parent.

It isn't selfish to give yourself 'me' time – it is wisdom.

If you have more energy going out than coming in then you will lose your enthusiasm for parenting – you don't want that because it can be a very rewarding and satisfying experience.

Remember: - If you don't take care of yourself then you can't be there properly to take care of those you love.

The process of removing an Unbearable Feeling (UBF) (downgrading it from a 10 to a 5 so you can manage it)

1. Identify your UBF
2. Get the necessary truth coaches to downgrade it
3. Meditate on those truth coaches consistently to permeate multiple levels of the subconscious
4. Dare to believe the truth coaches against your feelings
5. Do the opposite (examples of that are below in 'fast track' your progress)

Truth Coaches to start removing your button

The humiliation, embarrassed button

- Just feeling humiliated or embarrassed doesn't automatically make it true. On this issue my feelings are usually lying.
- So, what if I am humiliated or embarrassed every now and then. It isn't the monster I think it is.
- It is time to accept the possibility of humiliation so that my mind can realise I won't 'die'.
- Humiliation happens to everyone, every now and then – not just me.
- The more I avoid the possibility of being embarrassed the more out of control this button will get.

Fast track your progress: -

- Why not challenge yourself and leave the house this week in something you would never normally wear in public!
- Wear your lipstick outside the lines of your lips!
- Tell a joke and risk no one laughing at it.
- Initiate conversation with a stranger.

The unheard, disobeyed button

- Just feeling unheard or disobeyed doesn't automatically make it real. On this issue my feelings are usually lying to me.
- So, what if I am unheard or disobeyed. It may not be my children's problem, it could be mine.
- I can start with working on me before I dump on them.
- Feeling unheard or disobeyed isn't the monster I am making it in my mind.

- It is time to accept the reality of being unheard or disobeyed. That's what children do – it is their job.
- My job is to train them firmly but gently to hear and obey. Calm verdict parenting. Yelling will never produce what I want.
- The more I avoid the reality of feeling unheard or being disobeyed the worse things will get for more and my children.
- I want to keep my dignity and I want to maintain their trust so yelling is out of bounds in my style now.
- The angrier I am the quieter and slower I need to speak.

Fast track your progress: -

- Stop and paraphrase your child
- Stop and listen to their perspective
- Talk slowly and quietly when feeling frustrated
- Allow your child to give you time out when you raise your voice
- Give your child permission to walk away from you when you are yelling

The overloaded, swamped, tired button

- Just feeling overwhelmed doesn't automatically make it real. On this issue my feelings are usually lying to me.
- I am coping more than I am giving myself credit for. Look at what you are doing instead of what isn't done yet.
- Of course, parenting is hard work – why did I think it should be easy?
- Being tired or having a lot of my plate isn't permission to yell or dump.
- I am actually carrying the load that I have chosen to carry.
- If I am juggling too many balls then it might be time to let a few drop so that my family aren't living with a cranky pants.
- Nothing terrible is going to happen if I am tired or don't get everything done.
- Stop and enjoy these children instead of resenting the claim they have on my life.
- It is my responsibility to work out how my load is lighter.
- Maybe I need to adjust my expectations of myself and my children.

Fast track your progress: -

- Maybe you need to have earlier nights.
- Exercise so that you release energy.
- Face your fear or disappointing someone and drop something so that you have more room in your life for your kids
- Intentionally enjoy your children this week. Look for the laughs they can offer you. The pleasure of reading to them. Chill out with some playdough.
- Don't look at the 'to do' list and accept a bit of mess.

Recommended Resources to continue your parenting journey

- *Triple P Course (in your area or online)*
- *Parenting with Love and Logic by Foster Cline*
- *Parenting Isn't for Cowards by James Dobson*
- *Dare to Discipline by James Dobson*
- *Have a New Kid by Friday by Mark Lehman (Check on that)*

You will also probably need some tailor-made truth coaches formulated around the experience that produced this unbearable feeling

Here are Counsellors I can highly recommend....

- David Riddell (www.livingwisdom.co.nz)
- Gina Dearman (lifewisecounselling@bigpond.com)
- Peter Funke (www.libertycounsellingandtraining.com.au)
- Myself (www.livingwisdom.com.au)

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