

NLP and Parenting

When I met Susan I was in the middle of mild chaos as I tried to balance work, marriage and parenting. My children, at the time, were ages 4, 2 ½ and 2 ½ . Yes, we have twins. Now, considering the divorce rate for families with multiples is 75%, from my viewpoint the odds were not in our favor to succeed as a family unit. However, we were determined to do so. Personally, I was not only determined to be successful, but I wanted to enjoy my situation as I was striving to be a good employee, wife and mother.

I am extremely grateful that Susan and NLP came into my life when they did. Although I have numerous stories to tell about how the application of NLP in my life has made such a positive difference, today I am going to focus on three specific stories about how NLP helped me with parenting.

Jordan, when I started taking NLP, was frequently waking up in the middle of the night "scared" of who knows what. My standard response was to yell at her for getting out of bed again and telling her that she "should not be scared." This was not working. One evening after NLP class, Jordan emerged from her room. This time my response was different. I asked her (very calmly) "what was wrong, what did she WANT?" She responded that she "was scared of her dark closet, and wanted me to turn the light on in it." I asked "If I turn on the light, will you go back to bed and go to sleep?" "Yes, mommy" she said. She stopped getting up in the middle of the night.

Josh, on the way to preschool one day, informed me that he planned to "punch everyone in the face" when he got to school. Mind you, this 4 year old was not the violent type, so he took me by surprise. Just having learned "reframing" in class, I gave it a try. Through a series of questions that I asked Josh, I determined that he just wanted to be "cool." He realized that he had "cool" friends who were nice and therefore he could be cool too without the need to punch anyone. He exited the car that morning with plans to have a good day and his little friends were spared.

Jake, soon after being potty trained, had a tendency to wet the bed. After many nights of waking up in the middle of the night he began getting angry at himself for these accidents. We were all frustrated. NLP gave me the option of looking at this differently. Since Jake was starting to learn at school about how his body worked (i.e., heart, lungs, blood, etc.) I decided to teach him about his brain. I told him I thought his brain was forgetting to wake him up when he had to go to the bathroom. Jake and I "talked" to his brain and asked it to "Please wake me up when I have to go to the bathroom." It worked the FIRST night! We repeated it several nights in a row, and thus trained him not to wet the bed. The accidents stopped. Jake felt better about himself.

These are just a few examples of how I have applied NLP to building a better working relationship with my children. Not only have I been able to establish and achieve the type of parenting style I want, I honestly enjoy parenting more. As for the family - we're doing quite well - optimistic that we'll beat the odds!

Jolene Raulerson

Quality of Life Test

Do you have someone in your life that causes consistent frustration or conflict - boss, co-worker, client, spouse, ex-spouse, child, relative?

Do you seem to be working more and getting less done? OR

Does it seem like the quality of your work has slipped?

Do you turn down social activities because you are too tired?

Have you lost the zest for life?

Is it hard to get out of bed in the morning?

Do you suffer from frequent heart palpitations, anxiety, constipation, heartburn, and insomnia?

Has it been more than a year since you took a major vacation?

Are you working nights and weekends when you supposedly have a day job?

Do you see your kids sporadically because they are asleep when you leave in the morning and asleep when you get home?

Have you missed a birthday or anniversary because you were working?

Do you have everything you want but something is still missing?

Do you find yourself having to fight your mind to keep your thoughts positive?

Do you have a problem in your life and despite attempts to solve it - it persists?

Do you find yourself asking, "Is this all there is?"

Are you more than 5 pounds over weight?

Do you find yourself doing avoidance behaviors rather than doing what you know you should be doing?

Have you been sick more than once in the past year?

Do you find yourself letting details fall through the cracks and have lost business because of it?

Is your cell phone or pager on 24 hours a day?

Do you worry about not having enough money?

Do you find yourself being upset over changes that are out of your control?

Are you fearful much of the time?

Have you lowered yourself on the food chain to a bag coming out of a window?

Are you spending 110% of your income to have the "good" life?

Do you say you want to make some changes but you don't do anything about it?

Has your eyesight gotten worse over the last 2 years?

Do you have a dream but are afraid to pursue it?

If you answered "yes" to any of these questions, I encourage you to look into NLP/Human Patterning. NLP give you the tools to solve many of the problems your life that eat away and rob you of the quality of the life you deserve. When we die, God is not going to ask us how much money you made? He is going to ask us did we treat both our neighbors and **ourselves** with kindness, compassion, gratitude, enjoyment, and forgiveness? Did we enjoy the gift of our life or did we waste it on less purposeful activities? Did we take the time to have fun and joyfully fulfill the commitment we made to our families? Did we develop and share abundantly the gifts and talents that we come into the world with?

This is what the Leadership Practitioner course is all about.