

Meet Your Needs, Too

Remember- your needs are just as (if not more) important than your children's.

We can use The Tame Method for ourselves!



1. PAUSE- realize "misbehavior" simply means you have unmet needs. Step into a Balanced Leader parent role for yourself.
2. PINPOINT- how would you categorize your misbehavior? What feelings are causing that behavior? Pinpoint the missing need.
3. PROVIDE- Find a way to meet that need.

Strategies for common missing needs.

Connection- (Attention) Feeling disconnected, needy, ignored, dismissed?

- Communicate wholeheartedly
- Do something different together

Encouragement- (Avoiding) Feeling overwhelmed, lacking confidence, hopeless things will change?

- Baby steps
- Find proof of your strengths or past successes

Enforced Boundaries- (You are Limit Pushing your rules) Feeling out of control or doing things you know aren't good for you?

- Reestablish the boundary
- Be consistent

Enforced Boundaries- (Others are Limit Pushing your rules) Feeling resentful, exasperated, walked on?

- Stop overdoing
- Communicate and use consequences

HOMEWORK!

Once you have figured out which need is the priority, be as honest as you can about what things need to change.

1. If it's something you can change, find a way to ease into that change by taking baby steps towards it.
2. If it's something you need your family's help with, plan a discussion for a time when you aren't emotional. Explain how you are feeling from a place of vulnerability and ask for their help. Offer your own ideas, but also allow some brainstorming. Try something for a week and then reassess each week until the issue is solved.