

The Tame Method

TLDR

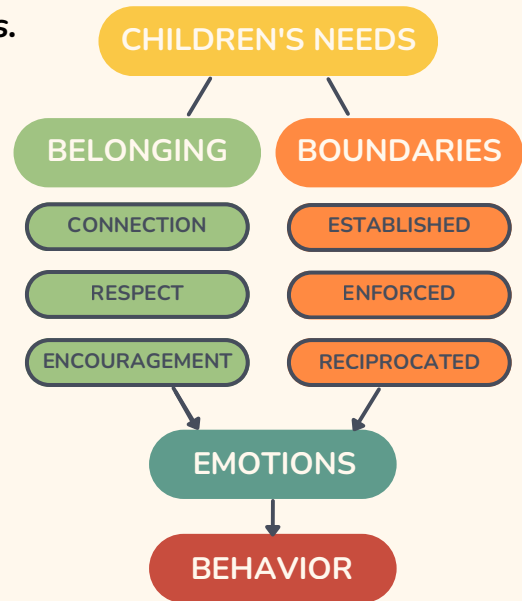
By Kristen Tame

Follow these 3 steps to make parenting easier (and more fun)!

1. Understand Behavior & Misbehavior

Needs drive feelings which drive behavior. Always.

- When our needs are met, we feel good and have good behavior. When they are unmet, we can feel bad and behave negatively (misbehavior).
- Belonging is our number one need because it's based in survival (the more I belong, the more my needs will be met).
- This means relationship needs should be our #1 focus as parents. In a relationship with your children, you want to meet their 3 Belonging needs and 3 Boundary needs.
- Meeting these six essential needs builds a secure relationship and positively shapes your child's behavior.



***Misbehavior is simply a clue to a missing Belonging or Boundary need.
Their misbehavior and your feelings help you Pinpoint the missing need.***

BELONGING

CONNECTION: Attention-Seeking; You feel: annoyed, guilty, bothered, and want space

RESPECT: Hurt-Seeking; You feel: hurt, offended, disrespected, and want retaliation

ENCOURAGEMENT: Avoidance-Seeking; You feel: hopeless and want to give up/overdo

BOUNDARIES

ESTABLISHED: Rule-Breaking; You feel: irritated, confused, baffled, and repeat directions

ENFORCED: Limit-Pushing; You feel: exasperated, resentful, walked on, and want control

RECIPROCATED: Power-Seeking; You feel: angry, challenged, and want to give in/ fight back

2. Adopt a New Parenting Role

*As the leader of the household, you want to be a **Balanced Leader**, not an **Authoritarian Boss** or a **Permissive Pushover***

- An *Authoritarian Boss* focuses more on boundaries than belonging, prioritizes control, creates a *me vs. you* mindset, devalues members, uses punishment, and elicits fear, rebellion, lying, and fighting.
- A *Permissive Pushover* focuses more on belonging than boundaries, prioritizes being liked, also creates a *me vs. you* mindset, overvalues members, avoids enforcing boundaries but resorts to punishments when pushed, elicits anxiety, disrespect, chaos, entitlement.



Balanced Leader

- Emphasis on both Boundaries and Belonging needs equally.
- Prioritizes the group's best interests.
- Creates an *us vs. the problem* mindset.
- Values members' ideas; shared power.
- Enforces kind and firm boundaries.
- Elicits trust, respect, safety, cooperation.

3. Manage Misbehavior with the 3 Ps

*Misbehavior is simply a clue to a missing need. When you see misbehavior, you'll want to **PAUSE**, **PINPOINT**, and **PROVIDE**.*

PAUSE

- Take a breath
- Step into Balanced Leadership
- Adopt an *us vs. the problem* mindset

PINPOINT

- Use their behavior and your feelings to Pinpoint the missing need.

PROVIDE

- Provide a strategy that meets that need.

Ready to try it with your family?

Visit kristentame.com/thetamemethod for more information or to purchase your copy of the book.