

## Regardless Of The Stuff

It is a truth that children are the product of their environment, unless they're not. As The Attitude Doc, I could offer evidence to fill an edition of The Weekly Sun as to how an attitude determines the quality of life. If a parent says, "no straw please," refrains from peeling off a plastic bag from the roll at the market, gently scoops up a spider in the house to replace it to its natural habitat, is seen writing daily in a gratitude journal, takes a meal to a family after learning mom had a car accident, displays a responsible behavior when life isn't flowing according to the plan, your child will take it all in subconsciously and use it as a foundation for becoming a healthy (in all ways) adult, caring about their environment, being of service, looking inward for answers from acquired beneficial tools to navigate life, and most of all knowing blame is an answer only to fuel a victim identity. In other words, our children will learn to be respectful through your role modeling, they will respond to crisis the way you do, they will emulate your style of dealing with stress, and have the zest and adventure for life that you do (or don't). Be a teacher with every breath, "*regardless of the stuff, I have an incredible gift to give the world. Regardless of the stuff, I am a magnificent being. Regardless of the stuff, I show up in my fullness. Regardless of the stuff, I love myself, unconditionally.*"

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Attitude Beliefs and Choices book

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