



Tips for Parents

1. Children should be encouraged, not expected, to pursue perfection.
2. When we try to be better or “more” than other people, we are demonstrating our concern with self-evaluation and with our own prestige rather than our concern for other people.
3. Are you motivated primarily to help others, or to be superior to others?
4. It is better to have the desire to be useful than to have the desire for self-evaluation. The latter is accompanied by constant fear of making mistakes.
5. Mistakes can be regarded as aids to learning. Mistakes are not failures.
6. Anticipating the danger of a mistake makes us more vulnerable to error.
7. Too many human relationships are mistake-centered and faultfinding.
8. Mistakes are unavoidable and, in most cases, less important than what the individual does after he or she has made a mistake.
9. Limit yourself to what you can do. Don't try to correct or change too many things.
10. Develop a sense of your own personal strength and worth.
11. Mutual respect begins by valuing oneself.
12. Discouragement, fierce competition, unrealistic high standards, and over ambition characterize many ineffective, unhappy human beings. High ambition is directly related to the depth of one's feelings of inferiority.
13. Develop the courage to cope with the challenges of living.

“I messages” vs. “You judgments”

Please fill in an “I message” under the “You judgment”

1. “You’re such a slowpoke”
2. “You’re messy!”
3. “How sloppy can you get?”
4. “You’re a liar!”
5. “You dope! Don’t you know any better than to play out in the street?”