



Dignity Tripwire

Have you ever felt like you have to walk on eggshells around your kid? Like if you say the wrong thing, they might just explode? You wrack your brain to figure out what to say in each moment, and yet no matter how hard you try, you inevitably say the wrong thing and KABLAM, it's an emotional pile-up. You likely have what we call a "dignity tripwire" kid on your hands. Good news! You can stop working so hard. The secret recipe for kids like this is actually quite simple: build them a "dignity highway" that will bypass the emotional traffic accidents and help you both arrive at the desired destination safer and faster.

Flip the card to learn how to use this in real life.



MFA Tips:

Why this happens: Learning is a very vulnerable act. It requires someone to admit they don't know something – and then also allow their brain to break just enough to welcome a new, better idea in. Kids who tend toward perfectionism can easily get stuck in the shame of “not knowing.” This ding in their dignity then clicks them into rage or shutdown, all of which takes learning off the table and also does incidental damage to our relationship. Ouch.

The brilliance of the dignity highway is that it allows us to help them bypass the shame and go straight to the learning. Let's say they keep leaving towels on the floor. Next time, instead of pointing out the mess, simply ask them if they'd prefer to hang it on the door or the hook. This will occupy their brain in the solution instead of allowing them to get mired in the problem. Simple, yet revolutionary.