



Module 4

Happy and Connected Family



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HAPPY AND CONNECTED FAMILY VIDEO 1

Creating a Happy Heart

EMOTIONAL HEALTH

The state of emotional and psychological well-being in which an individual develops a healthy relationship with himself/herself and others, in order to live a happy, confident and fulfilling life.

WHY IS EMOTIONAL HEALTH IMPORTANT IN FAMILIES?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

**"EMOTIONAL SICKNESS IS
AVOIDING REALITY AT ANY COST.
EMOTIONAL HEALTH IS *FACING*
REALITY AT ANY COST."**

Scott Peck



PEOPLE WHO ARE NOT EMOTIONALLY HEALTHY:

- _____ others.
- Are _____.
- Control situations/people.
- Have _____ outbursts.
- Re-act to circumstances (vs. respond).
- _____ stories from the past.
- _____ themselves.
- Get easily offended.
- Suffer from physical _____ pain.
- Experience _____ worry, guilt, fear.
- Feel "stuck".
- Hold _____.
- Have _____.
- Have low self-esteem and low sense of worth.
- Lacks _____ and motivation.

EMOTIONAL HEALTH INVOLVES:

- _____ conflict without taking things personally.
- Resolving "emotional" issues from the past.
- Closing conflict loops.
- Taking _____ for how your life has turned out and the life you are creating.
- Living with healthy _____.
- Having a clear vision of your future.
- Exercising _____ and asking for forgiveness.
- Accepting consequences and releasing outcomes.
- Manages himself/herself appropriately.
- Has healthy sense of worth.



WRITE DOWN 10 NEGATIVE EMOTIONS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

WRITE DOWN 10 POSITIVE EMOTIONS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

**"EMOTIONAL INTELLIGENCE IS
THE ABILITY TO IDENTIFY, UNDERSTAND
AND MANAGE EMOTIONS."**



Next time you are together as a family, discuss emotional health and emotional intelligence and why it's important for your family.

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HAPPY AND CONNECTED FAMILY VIDEO 2

You Got Grandma's Eyes

EMOTIONAL INHERITANCE

The beliefs, thoughts, behaviors and patterns that are passed down from our parents to us impact how we conduct ourselves as parents and people.

THE FORMATIVE YEARS SPANS UP TO _____ YEARS OLD.

WE _____ OUR PARENTS WITH:

- Conscious and unconscious beliefs
- Behaviors & habits
- Good/bad character
- Verbal language patterns
- Non-verbal language
- Discipline strategies (or lack of)
- Ways to deal with conflict
- Communication skills (or lack of)
- Positive/negative emotions
- How to relate to others
-

WHAT ARE THE TWO TYPES OF PARENTING ?

1. _____

2. _____

***"IT IS EASIER TO BUILD
STRONG CHILDREN THAN TO
REPAIR BROKEN MEN."***

Frederick Douglass



BELIEFS/BEHAVIORS YOU LEARNED FROM YOUR PARENTS

What did you learn from mom?

What did you learn from dad?

How do those beliefs/behaviors affect you?



What particular beliefs or behaviors are you aware of that your parents taught you?

Which of those behaviors would you like to keep? Which would you like to change?



TAKE ACTION

What particular beliefs or behaviors are you aware of that your parents taught you? Which of those behaviors would you like to keep? Which would you like to change?



HAPPY AND CONNECTED FAMILY VIDEO 3

Culprits and Monsters

PARENTING LIES & MYTHS

Affect how we parent, how we see our children, how we respond to our children and how we relate to them. Once we remove the lies and myths, we give room for a healthy parenting relationship.

WRITE 3 LIES YOU BELIEVE ABOUT YOUR CHILDREN

1. _____
2. _____
3. _____

***"IF YOU SWALLOW THE GUM,
IT WILL STAY IN YOUR STOMACH
FOR SEVEN YEARS."***

Your parents

WRITE 3 TRUTHS TO OVERCOME THE LIES YOU BELIEVE ABOUT YOUR CHILDREN

1. _____
2. _____
3. _____

WRITE 3 LIES YOU BELIEVE ABOUT YOURSELF

1. _____
2. _____
3. _____



WRITE 3 TRUTHS TO OVERCOME THE LIES YOU BELIEVE ABOUT YOURSELF

1. _____
2. _____
3. _____

LIST 5 POWERFUL PARENT BELIEFS

1. _____
2. _____
3. _____
4. _____
5. _____

MY CHILDREN LISTEN TO ME, BECAUSE THEY TRUST ME AND LOVE ME.

As my child's parent, I have _____.

I'm a _____ mother/father. I'm doing the best I can with the resources I have.

MY CHILDREN ARE WORTH FIGHTING FOR. I FIND NEW WAYS TO CREATE RESULTS.

There is no _____, only _____. It's okay to make _____.

I am a _____.

I _____ my children. My mistakes are _____ for them to _____.



HAPPY AND CONNECTED FAMILY VIDEO 4

Congratulations, You're Rich!

FAMILY LEGACY

When we identify and renounce the lies, we leave a new legacy for our children. this new legacy allows us and our children to live a happier, connected and more fulfilled life.

WHAT ARE LIES?

In every situation there is a lie and there is a truth. The lie is simply that _____ which we chose to accept. The lie is the choice that serves us least and may even hurt us. the lie puts us in the place of _____ and does not empower our beliefs or our actions. The lie _____ of the possibilities of what could be.

****We _____ lies.**

WHAT IS JUDGEMENT?

A judgement is the _____ point of view of a person or event through the eyes of the "judger," making only _____ the perception of the judger, based on the judge's model of the world and personal programming.

****We _____ judgements.**



WHAT IS FORGIVENESS?

Forgiveness is the process of _____ therefore releasing the "offender" from a debt he/she cannot pay, Forgiveness _____ you mentally and emotionally to live in freedom, without holding any grudges or pain from the past. Forgiveness allows you to focus on the future and is one of the _____ daily practices a human can live with.

****We _____ daily.**

WHAT ARE THE 5 STEPS OF THE CATCH AND RELEASE SYSTEM?

1. _____
2. _____
3. _____
4. _____
5. _____



TAKE ACTION

Identify five lies and/or significant events that you know are directly affecting how you parent. Follow the "catch and release system" for each lie and/or event.



WHAT IS THE LIE?

WHAT WAS THE OFFENSE?

FORGIVE THE OFFENDER

Example:

"Mom, I forgive you for not being patient when helping me with my homework and pressuring me to answer when I wasn't ready. You don't owe me anything. I set you free and i honor you for who you are. I recognize you did the best you could with what you had. I declare my heart will heal from this wound and I am set free to be the whole person I am supposed to be."

LISTEN AND DECLARE THE NEW TRUTH



BREAK ANY JUDGEMENTS PASSED

Example: I break the judgement I passed against my mother for saying she is an impatient woman. I break all consequences of this judgement in my life and in my family's life/children.





HAPPY AND CONNECTED FAMILY VIDEO 5

Crawling, Walking, Running

EMOTIONAL DEVELOPMENT

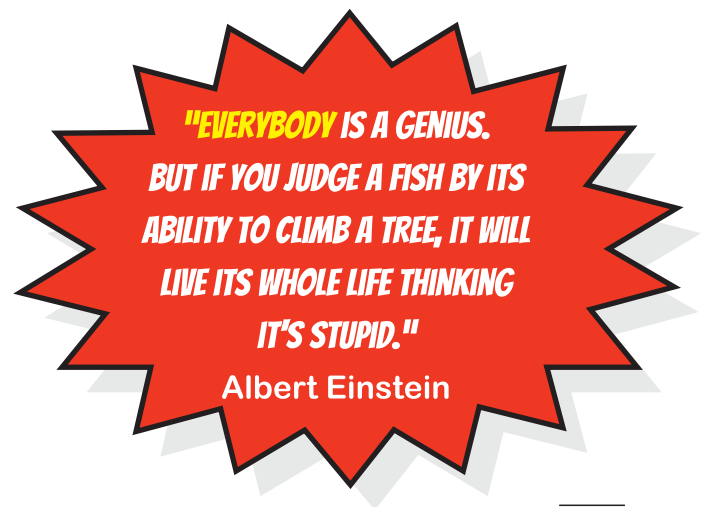
Just like we go through physical development, our emotions also go through the process of emotional development from the time a human is an infant to their old age.

IN FAMILY WE RECEIVE OUR _____ , _____ , _____

AND _____ .

WHAT IS IDENTITY?

WHAT IS VALUE?





WHAT IS ACCEPTANCE?

WHAT IS LOVE?

WHAT ARE THE 3 EMOTIONAL STAGES?

1.

2.

3.

YOU ARE BODY, SOUL AND SPIRIT. WHY IS IT IMPORTANT TO KNOW THIS?



GOALS IN THE EMOTIONAL STAGE:

INFANT

Goal: Learn to receive _____ and learn to trust.

- ☐ Create strong bonds with mother/women and father/men
- ☐ People value infant unconditionally and see infant as valuable person
- ☐ Others "synchronize" with infant and meet all his/her needs
- ☐ Infant returns to joy after conflict
- ☐ Infant trusts parents /caregivers
- ☐ Infant gets integrated into family culture easily

*Unconditional love is giving love, without expecting anything in return and independent of behavior.

CHILD

Goal: Learn to _____ physically, emotionally, intellectually and spiritually.

- ☐ Learns to do "hard" things
- ☐ Respects and honors parents. follows the rules and manages his/her freedom
- ☐ Feels comfortable with who he/she is
- ☐ Develops personal awareness - what he/she likes and doesn't like
- ☐ Can take care of himself/herself
- ☐ Can handle reasonable risk, and "failure"
- ☐ Has the confidence and support to try new things
- ☐ Learns to ask for what he/she needs and wants



ADULT

Goal: Learn to take care of _____ .

- ☐ Can work as a team
- ☐ Handles roles and responsibilities
- ☐ Comfortably interacts with the opposite sex
- ☐ Others can rely on him/her
- ☐ Makes contributions to family and community
- ☐ Sets personal goals
- ☐ Handles independence wisely
- ☐ Has skills to generate income
- ☐ Can communicate effectively, especially in conflict
- ☐ Expresses emotions comfortably



TAKE ACTION

Talk to your children about who they are and how much you love them and accept them for who they are.



HAPPY AND CONNECTED FAMILY VIDEO 6

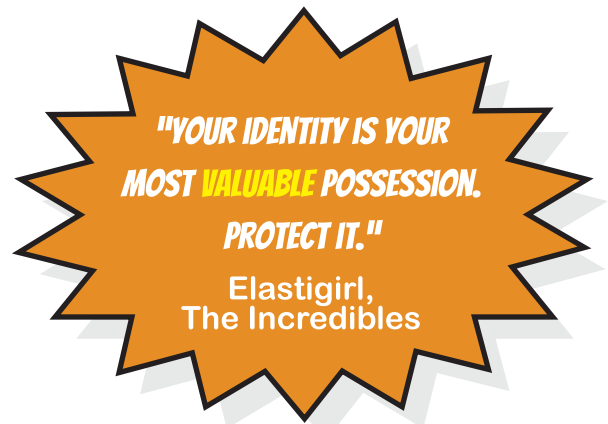
You are Awesome!

GIVING IDENTITY

Establishing a strong identity for our children will determine a confident and certain human being, so he/she has emotional health and has a purpose for his/her life.

WHAT IS IDENTITY?

- Identity is who a person _____ .
Identity is how a person perceives
- himself/herself.
- Identity is spoken by parents and those close around us, _____ the person.
- Identity is _____ based on behavior. it is based on how that
- person was created. identity is what defines the person's gifts,
- talents and all the things that make that person _____ .



WHAT ARE THE 4 SIGNS OF IDENTITY CRISIS ?

1. _____
2. _____
3. _____
4. _____



YOUR IDENTITY IS NOT BASED ON THE FOLLOWING:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

THE FOUNDATION OF IDENTITY

- Tell your children who they are.
- Create opportunities for your children to learn what they _____.
- Find and live your purpose.
- Help your children know they _____ - You are a team/a special group called family.

WHAT ARE WAYS TO GET TO KNOW YOUR CHILDREN?

1. _____
2. _____
3. _____
4. _____

***"IF YOU TREAT AN INDIVIDUAL
HOW HE IS, HE WILL REMAIN HOW HE IS.
BUT IF YOU TREAT HIM AS IF HE WERE
WHAT HE OUGHT TO BE, HE WILL BECOME
WHAT HE OUGHT TO BE AND COULD BE."***

Johann Wolfgang von Goethe



***SPIRITUAL PARENTING IS PARENTING YOUR CHILD FROM YOUR _____
OF **UNCONDITIONAL LOVE** AND USING THAT AWARENESS TO SPEAK INTO YOUR CHILD.***

WRITE DOWN EXAMPLES OF WORDS THAT WOULD GIVE LIFE AND CREATE IDENTITY

1. _____
2. _____
3. _____
4. _____
5. _____

****Refer to the Powerful Words List**

SPEAKING TO A CHILD WHEN HE/SHE IS RESTING.

Hi (Child's Name), It's mommy/daddy. I want to talk to you and connect with you. I want to tell you I love you with all my heart. You are a gift to my life. You are blessed with love and you receive and give love openly from those who care for you. You are filled with joy and happiness from your core. You easily let go of negative emotions, knowing they don't serve you. You easily learn and apply knowledge. You are perfectly created. Your body grows and you have a strong immune system that keeps you totally strong and healthy. You use your imagination and find ways to be resourceful. You are disciplined, confident, diligent, responsible. Now, I am going to stop talking and you can go back to sleep and enjoy an amazing and wonderful dream. Tomorrow you will wake up rested, happy and knowing you are deeply loved.



Post your powerful words list on your refrigerator and start speaking life into your children. Also, when your children are sleeping, use the spiritual parenting technique to build up their identity.

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HAPPY AND CONNECTED FAMILY VIDEO 7

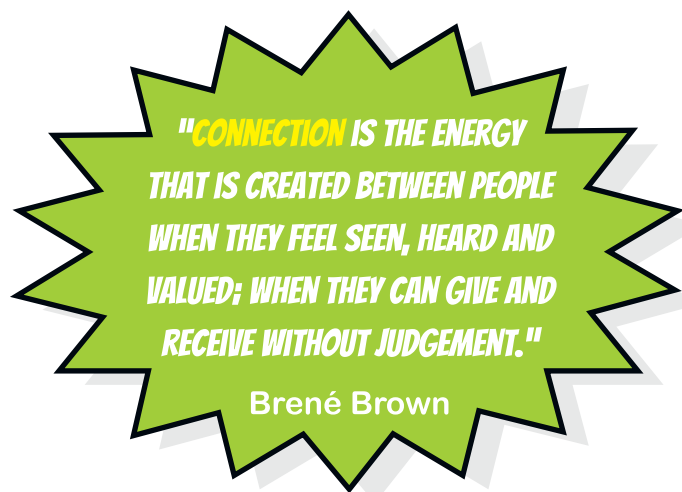
Keeping the Connection

STAYING CONNECTED

Experiencing challenges in family is normal. What is not normal is letting family relationships get broken and stay broken. Our goal should always be to re-connect after a conflict.

WRITE DOWN 5 TIPS TO HANDLE CONFLICTS

1. _____
2. _____
3. _____
4. _____
5. _____





WHEN YOU'VE LOST CONNECTION...

- Make sure to let your child know you _____ him/her.
- Serve your child.
- Be patient!
- Change your ways (ex. bad attitude, anger, yelling).
- Let them know where you are in your own journey.
- Put your guard down. _____ vulnerable.
- Provide proper _____ of unconditional love and discipline. Have clear boundaries.
- _____ your mistakes, ask for forgiveness and acknowledge your child's pain.
- Offer to get him/her help.
- _____ for your family's healing! believe! believe! believe!

USE THE FAMILY MEETING TO BUILD _____ AND TO _____ EACH OTHER.

USE THE FAMILY MEETING AS YOUR MAIN TIME TO HEAL

- Talk about the emotional challenges you struggled with that week, as a family and/or individually.
- Discuss what could be _____ .
- _____ responsibility for any setbacks - be the example!



- Support person in need.
- Be understanding.
- Ask for forgiveness when necessary.
- Forgive others (each other, extended family, friends, teachers).
- Use family members as _____.
- Practice words of affirmation.



TAKE ACTION

In your next family meeting, share any positive and negative feelings you had in the week. Make connections and encourage each other.

[illegible]



CONGRATULATIONS!!!!

You are Now
a Powerful
Parent Academy
GRADUATE !!



Shirley Solis