

The Truth That No Parents Wants To Hear

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=8DAKKQFW-PE](https://www.youtube.com/watch?v=8DAKKQFW-PE)
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SUMMARY

Therapists often face the misconception that their services are merely a form of free babysitting, leading to resistance from parents when it comes to self-reflection. The speaker emphasizes the importance of parental accountability in understanding their child's behavior as a reflection of their own inner state.

- *Therapy is not free babysitting; it requires active participation and self-reflection from parents.*
- *Some parents struggle to accept that their child's issues may stem from their own behaviors and attitudes.*
- *The discomfort of self-examination can lead to avoidance, as seen when a parent left a session rather than confront difficult truths.*
- *Recognizing that a child reflects the parent's inner state is a challenging but necessary realization.*
- *The process of self-discovery and accountability can be painful but is essential for growth.*
- *Parents must confront their own shortcomings to effectively support their children.*
- *The journey involves a significant emotional awakening, often described as an "electrocution of the Epiphany."*

people think therapy is free babysitting right so see you later I'll pick up Sarah after an hour take care of Johnny fix him I had a parent walk out of session once because a parent would rather the child suffer than be told no really that it's them that it's you when the scrutiny is on you when the mirror is turned on you it's really hard and I know it's because we love our children so much but with me no free babysitting you pay

and you sit with me and you have to be under the scrutiny of what you did is a hard pill for us to swallow I get it it was hard for me it's still hard for me to look in the mirror and see that my child is a reflection of my inner state of being what I see in my child is what I see toward myself it's hard the finger dies desires craves to point at the other

you'd need to undergo the electrocution of the Epiphany that it's all you [Music]