

Tip #5: It's Not What You Think! #parentingtip 5

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=XCWS7KAfPH0](https://www.youtube.com/watch?v=XCWS7KAfPH0)
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SUMMARY

Understanding that children's external behaviors reflect their internal feelings can transform relationships, particularly for parents. Instead of reacting negatively to rude or defiant behavior, pausing to consider the underlying emotions can lead to more constructive responses and healthier interactions.

- *Children's behaviors are a reflection of their internal state.*
- *Parents should not take their child's behavior personally.*
- *Negative behaviors serve as alerts to underlying issues.*
- *The concept applies to all relationships, including partners and friends.*
- *Responding with understanding rather than anger can foster positive change.*
- *The goal is to educate and support rather than react defensively.*
- *Recognizing this dynamic can improve communication and connection.*

this one tip will change your relationships especially if you are a parent remember this all external behaviors especially from children are a direct Echo resonance mirror of how they feel on the inside so the next time your kid is rude defiant and really behaving terribly and you want to take it personally and scream at them pause

this has nothing to do with you it is how they feel on the inside their behavior is a flag it's a it's an alert for what's going on inside in my new book The Parenting map I talk about how all behaviors are signs s-i-g-n something inside gone negative so instead of screaming at your kid which will only create more negativity on the inside pause and ask hmm what's

going on inside it's the same with our partners it's the same with our friends then once you don't take it personally you can make a choice how can I help this Behavior change do I need to leave or can I help educate the person but first understand that all behaviors including your own are a mirror of what is going on inside of you tip of the day