

Week 4. THE “YOU”: DISCOVERING AND MEETING YOUR CHILD AS FULLY AS POSSIBLE

WORKSHEET #2: EXERCISE TO LOOK THROUGH YOUR CHILD’S “I”



Taking on your child’s perspective will make a world of difference in *every* interaction with your child, offering you insight, compassion, and deeper understanding; and from there, enabling responses in you that are connected with what is actually going on in him or her.

1) Pick a situation that you have experienced with your child that you find challenging.

And write it down here:

2) Describe the same situation, but this time from your child’s point of view (you will need to use your imagination, your intuition and perhaps some guessing to do this).

Begin your description with “I”. For example, “I feel this way when this and this happens... “

3) Read what you have just written above. Sit with what you hear, with this other perspective... let it sink in. How does hearing this make you feel, do you gain any new insights?

4) Would you respond differently, knowing more of your child’s perspective? Describe what your response might be, now that you have more fully looked through your child’s eyes.