LESSON FOUR:



The 1 Rule = Happy Agreement

Use the 1 Rule when differences between you and your kids might lead to conflict, or whenever you want a harmonious solution, like when you are making any kind of plan.

Today just think about this.

When you are interacting with your kids, just think about this.

Think about everyone feeling good.

Think about happy agreement.

Think about easing stress for you and your kids.

Sharing the following three (3) Agreements can make using the 1 Rule even easier:

1. "We are each important." (Demonstrate this by pointing to each person involved and saying, "You are important" and "You are important"…if you are involved, point to yourself and say, "And I am important.")
2. "We each deserve to feel good."
3. "We are going to find a way for this to happen."

When you actually give this a try, after telling each other what you want, start bringing up possible solutions until you settle on that idea or combination of ideas that you all agree on. You put the solution into practice for a limited period of time, like a week, checking back with each other to make sure it is still working.

If you like, write about it in your journal.

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