

Mindful Parenting Session #11

Self-Regulation
in the
Parenting
Relationship
Part 1



Agenda

- **Lighting the Candle**
- **Forbearance Prayer**
- **Sharing from last session**
- **Lesson: Self-Regulation in the Parenting Relationship (part 1)**
- **Closing**
- **Next Session: June 9, 2019 with Dr. Sarina Chugani Molina at 10:00am PST**



Lighting the Candle

As we light this candle, we light the flames of love, peace, truth, right conduct, and non-violence that lie within us all.

We start the day with love.

We fill the day we love.

We end the day with love.

This is the way we live.



Forbearance Prayer

Let us have forbearance towards each other
Let us rejoice together
Let us strive together
Let us live and move in harmony

Let us grow together
Let us cherish the wisdom
that we have acquired
Let us live in complete harmony without
misunderstanding
May all beings in the world be happy
Namaste, we honor the goodness in each
other.

Sharing from Last Month

Reflection on writing down our observations regarding personal thoughts, feelings and bodily sensations, and writing about this in a journal in the third person (i.e. using first name, not “I”).

What happened with this for you?

“We can proceed according to the planned itinerary, strenuously trying to make life conform to our needs, or we can adapt to whatever we meet and flow without effort.”

Piero Ferucci

Self-Regulation in the Parenting Relationship (part 1)

Mindful parenting involves:

- Listening with full attention
- Practicing non-judgemental acceptance
- Developing awareness of emotions
- Developing self-regulation

What do we mean by self-regulation?

Why is this important?

Self-Regulation

One definition: Exercising self control so that what we think, feel, say and do contribute to harmonious relationships with children and others

This is not saying we won't feel various challenging emotions, of course, but that we commit to working to transform ourselves – and others observe that.

What have you seen happen as a result of your efforts in self regulation?

“This is such a valuable lesson for children to learn from their parents: *that negative emotions are not to be indulged by blaming the child or circumstances, but rather they can be seen as base metal to be transmuted into gold through the mysterious alchemy of selfless love, humility and fearlessness* (p. 89).”



**Are we aware of blaming
a person or
circumstances for our
negative emotions?
When is this happening
for us? What can we do
about it?**

The *How* of Self-Regulation

“When we regulate anything, we need to **monitor** and then **modify** that which is being regulated. These are the two fundamental aspects of self-regulation.”

Bernie Siegel

Three Pathways

Reflection: Mindfully Finding Our Center

Resilience: Mindfully Nurturing the Center
(developing our ability to stay connected with our center)

Relationship: Mindfully Creating the Balance

5 Methods of Mindfully Finding the Center (or building our boat)

- **Defusion** – giving less importance to our habitual thinking patterns, and distancing from and letting go of unhelpful thoughts and emotions
 - Passengers on the bus metaphor
 - Shift and Shine
 - Leaves on a Stream
 - STOP
- **Acceptance**
- **Contact with the Present Moment**
- **Self-as-Observer**
- **Committed Action**

Finding Your Center Using Defusion* (Exercise 6, p. 119)

- Select one of the defusion techniques, and develop an action plan for implementing it in daily life.
- Would you like to share about your plan? It may be helpful to others.

*** to let go of intrusive, disturbing thoughts**

For Next Month

For one day in each week, answer the questions in Exercise 1 on pp 113 and 114 of *Mindful Parenting for a Meaningful Life* (or choose a few questions from those pages that most speak to you, and work with those).

Questions include: What positive seeds did I sow today? What negative seeds did I sow today?

Closing Reflection and Affirmation

Our deepest desire as a parent
is to see our children thrive.

Let us not doubt our own basic goodness.

In spite of all confusion and fear,
we are born with a heart that knows
what is just, loving and beautiful.

Believing this for both ourselves and our children
helps us to walk out of the shadows together,
into the light of harmony, joy and love.



Affirmation

I am born with a heart that knows what is just, loving, and beautiful.

I adapt to whatever I meet and flow without effort. (3Xs)