



KTIS: June 24, 2021
IT'S NOT THAT EASY, GLENN!!
(I know!)

And a lot of what I teach sounds simple, I know. Three thoughts:

- All of life's fundamental truths (love your neighbor = everybody) are simple.
- Simple doesn't mean easy. It's the simple, fundamental truths that are the most challenging.
- It takes a lot of practice for them to become natural for you (and even then . . . 90/10 Rule)

And the best/only way to practice is to have a plan/outline/blueprint (adrenaline and deciding now)

So, I'd like to come back to some of the parenting tips I discussed last time that I was on the show.

I talked about:

- Answers for which there was no question
- Talking when we should be listening
- And questions that are no real questions (a controlling opinion, pretending to be a question)

Which are all great examples of simple things that are hard to do.

So, I thought I would put it all together, in a simple outline/blueprint. Because when the adrenaline kicks in, we lose our minds (!), and it's helpful if we know ahead of time what to do.

And if the plan has a simple acronym for a name, that's even better.

So, I came up with **EQUIP**:

Empathy (a simple statement about your feeling, which takes all of the guesswork out of it)

Questions (real questions, that lead to understanding the situation and how your kid is doing)

Understanding (an example from your life that shows you get it; builds the connection, not alone)

I learned that (share your experiences, demonstrates right humility, no judgment, makes you real)

Stop talking! (hand the conversation back to them, which preserves all of the good work you just did!)