Improving ANY relationship with Megan Whitesides
Loving more, judging less.

Loving others can be easier and more fun than you think. It is possible to love someone and never see them again too. LOVE makes every area of your life better and "easier". The one concept that will help with all of this is the Manual.

The manual is a rulebook for how we think other people should behave. An expectation that they should... or shouldn't...

-He shouldn't get so angry.
-She should call before she comes over.
-I should be over this by now.
-He should call not text. He should text not call.

The problem with the manual is it leaves us feeling bad when people don't follow what we think they should do. We often don't even know we have manuals for others. If we do have a manual we often don't tell them. Here is how you recognize and let go of your manuals for others and yourself allowing for more love to come into your life.

Steps to *Love more*

1 | AWARENESS

2 | QUESTIONING

3 | SEEING

4 | LOVING

The manual questions

AWARENESS

Write down the person's name you have a manual for:

Write in detail what do you want them to do?

QUESTIONING: DON'T EDIT OR JUDGE YOURSELF HERE. GET DEEP, SPEND TIME ASKING YOURSELF WHY FOLLOWED BY BECAUSE. WHY... BECAUSE...

WHY do you want them to do this?

SEEING

What are some things I like about this person?

How are we alike?

I wonder what he/she is worried about?

I wonder what it would be like to be him/her?

LOVING

What does love feel like in my body?
Where do I feel it: stomach, chest, throat, head etc.?
Your feelings come from your thoughts so to FEEL more love you need to think more loving thoughts.
Practice thinking loving thoughts about the person.

Get out a piece of paper and write something about this person every day. Over time you will be training your brain to look for good in this person and start to see more of it. Which will result in feeling more love.

Notes

SPEND MORE TIME BUILDING RELATIONSHIPS AND LISTENING AND LESS TIME TEACHING AND CORRECTING.

Megan Whitesides. call or text 435-760-2590
email: meganwhitesidescoaching@gmail.com

Megan Whitesides Coaching

Kari Holliday - Master Certified Life Coach & Emotional Release Therapist
Call or Text: 801-390-5907
Email: kariholliday6@gmail.com

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Parenting with Perspective

The Gospel is meant to help us create a family that we want to be with forever. Every family relationship is unique and different. What works for one child may not work for another child. We have all come to this earth with our own desires, gifts and personal growth journey. Even though we all are working for the same destination, the path will look different for everyone. As a parent we can get caught up or confused on what is the right way, the wrong way, my way or their way. Every parent wants what is best for their child and sometimes we want the least painful way. But who are we to stand in the way of our children finding themselves and ultimately their purpose?

It is possible to simplify your job as a parent. In doing so you can let go of overwhelm and unrealistic expectations that aren't serving you. It will actually make you a better parent. When you can understand your most important jobs and allow your child to do their job, you will find yourself, and the parent you were always meant to be.

Steps to *simplify*

1 | MANUALS AND EXPECTATIONS FOR YOUR CHILD

2 | A CHILD'S JOB IS TO FEEL THEIR FEELINGS

3 | A PARENT'S JOB IS TO LOVE

4 | A PARENT'S JOB IS TO CONNECT

1 MANUALS & EXPECTATIONS FOR YOUR CHILD

A lot of times as parents we don't realize we even have manuals for our children. More often than not they are based on the expectations we have for ourselves or that we did have for ourselves when we were our child's age. It helps if we can start to separate where they overlap.

How do your own experiences and memories impact what you think your children should do or how they should behave?

How can you seperate your own wants from your child's dreams and desires?

2 A CHILD'S JOB IS TO FEEL THEIR FEELINGS

Children come into this world able to feel everything. However, they lack the skills to understand and to manage their emotions.
Feeling is an essential part of the human experience. Part of Christ's mission on earth was to feel everything. It wasn't enough for Him to know or to see what we were feeling, He had to feel it Himself. There is power and understanding that comes from allowing feelings.

How have your experiences with heartache, joy, sadness and disappointment helped you to better understand your child and their experiences?

3 A PARENT'S JOB IS TO LOVE

Every person has the innate desire within them to feel love and belonging. A foundation of love speaks truth, encouragement, comfort and safety.
Do you want your child to know they are loved? Or do you want them trying to be the person they know you will love? One is given, while the other is earned.

What does love look like in your relationships? With your family? With yourself? With your Savior?

How does coming from a place of love and understanding change the expectations you have for your child and their own experiences?

4 A PARENT'S JOB IS TO CONNECT

Connection provides a foundation of trust between you and your child. It ensures your child is never alone in their "hard". It isn't about taking away the hard, but being someone your child trusts to sit with them in it.
Connection also offers the ability to repair our relationships. After a moment of disconnect, or a regretful interaction, we can always repair with connection.

What are some simple ways that you can connect with your child everyday?

PLAN FOR SUCCESS

"The most successful way to help a child who is struggling is to first help the caregiver."
As we change, our relationship with our child changes ... then our child is able to make a positive change as well.

Circumstance

Strategy

Reframe

Mantra

NOTES

You are doing better than you realize!

Love,
Christy Wilson

FREE PDF
"21 DAYS
TO RECONNECT"

How to Stop Worrying about Your Child (and still care like crazy)

When someone become a parent, the fear center in the brain, called the amygdala increases in size. This is so parents will notice and recognize threats that could harm their child.

Worry, however, is an emotion that pretends to be helpful, but drains and depletes your mental and emotional bandwidth.

There is a common misconception that in order to stop worrying, you have to stop caring, but I offer my clients, and I offer to you

That you don't have to worry and you can still care like crazy.

It just takes some skills of emotional strength that you can develop now.

emotional strength creates *peace*

THOUGHTS ABOUT THEM, YOU, AND STRUGGLE

I ACTUALLY DON'T KNOW HOW THIS IS GOING TO END * WE ALL JUST WANT TO FEEL LOVED * THIS IS MY CHANCE TO PRACTICE LOVING * I AM 50% AMAZING, 50% NOT, AND MY 100% IS WHAT THEY NEED * I DON'T HAVE ANYTHING TO PROVE. I WAS BORN ENOUGH.* THEY ARE ENOUGH. THERE IS NOTHING THEY CAN DO TO BE MORE WORTHY OF MY LOVE * HERE IS WHERE THEIR HUMAN IS SHOWING UP * I DO HARD THINGS FROM A PLACE OF JOY * FAILURE IS VALUABLE. SOME OF OUR BEST LESSONS ARE LEARNED THE HARD WAY *THEY ARE FIGURING IT OUT * THIS IS EXACTLY HOW THEY LEARN * THEIR OUTCOME IS NONE OF MY BUSINESS * I LEARN FROM EVERY ATTEMPT * I DON'T NEED IT TO BE EASY * THEY ARE RIGHT ON TRACK * I'M MADE TO EXPERIENCE IT ALL * THEIR LIFE IS THEIR JOURNEY * MY JOB IS TO TEACH, LOVE, PROTECT. WHAT THEY DO WITH IT IS THEIRS. * FEELINGS ARE NOT A PROBLEM. * LOVE IS THE SPACE I WANT TO OPERATE IN
THE UNIVERSE AND GOD ARE CONSPIRING FOR MY GOOD. STOP RESISTING. * HERE WE ARE...MAKING ATTEMPTS AND LEARNING STUFF. * RELAX. EVERYTHING IS GOING ACCORDING TO PLAN.

WHAT I CAN DO NOW:

When your mind tries to create anxiety about the future

Equal Time Technique: Schedule a time to set a timer and worry for 10 minutes. Allow your brain to imagine the worst-case scenarios. Now set the timer for 10 more minutes and imagine the best-case scenario. If the brain tries to continue after the timer ends, remind it of the next time you have scheduled to worry, and promise to worry about it then. Redirect it to something else in the meantime.

The Mind Edit Technique: Write down all of the things you are worried about. Divide them into categories of thoughts and facts. From the facts, divide out the things you have control over. Create a plan for how you will address the things you can control (include, "work on unhelpful thoughts" as one of the things you can control). Throw away, burn, destroy the rest.

Grounding Technique: Notice when your mind is taking you to a time in the future that hasn't happened yet, but is causing you anxiety. Bring your attention back to your breath. Focus on using each of your senses to bring you back to the present where you are safe. What can you hear? What do you taste? What can you feel (wind, the floor beneath your feet, the clothing on your skin, etc)? What can you smell? Do an inventory of how you are okay right now.

A Letter to Heavenly Father: Write a letter using the prompts. Seal it until a future date.
*Tell Him all of your feelings and why you believe you are having them.
*Tell Him how you believe these could affect your life.
*Tell Him what you believe your life could feel like if this wasn't happening.
*Tell Him what you wish you could do if you could control the other person?
*What do you wish they could learn if you could control them?
*When have you learned lessons like these? Were they during easy times or hard times?
*What could you learn by going through this?
*How could your life be different if you mastered some of these lessons?
*What can you do right now that is in your control?
*What will you refuse to do right now that destroys your peace?
*Write about a time that it felt like something terrible was happening that became a critical moment in your growth.
*What is something that could change right now if you believed you could use this experience to create beauty and growth for you?
*Who else would be affected if you used this to master yourself in one area?
*With these skills, how could your life look like you believed it could without this challenge, even if the experience persists?

Notes

Jenn Andersen is the emotional strength coach who helps you expand your ability to create deeper, more loving relationships with your forever people.

TO HAVE HER SPEAK AT YOUR RELIEF SOCIETY, YOUNG WOMEN'S EVENT OR TO TALK TO HER ABOUT ONE-ON-ONE COACHING, SCAN THE QR CODE FOR CONTACT INFORMATION.

How to Prioritize Yourself Without Guilt- Becoming Effectively Selfish

Growing up I watched my mom put everyone else's needs before hers. While being thoughtful and considerate of others is fantastic, we don't want to pour from an empty cup.

Use my four simple steps to practice putting yourself and your needs higher on the list so that you can better serve the people you love. It's like when you ride an airplane, and the flight attendant talks about what to do if the plane goes down. To stay safe, you must secure your oxygen mask before helping anyone around you.

Step by Step *system*

1 | BE HONEST ABOUT WHAT YOU WANT

2 | HONOR YOUR NEEDS

3 | RECOGNIZE THE NEED TO SOLVE FOR OTHERS EMOTIONS

4 | BECOME EFFECTIVELY SELFISH

1 BECOMING EFFECTIVELY SELFISH

Here are a few questions to help you direct your thoughts and become effectively selfish.

Answer the Following Questions

How can I meet my own needs today?

What obstacles might get in the way? How can I prioritize myself regardless?

Who have I been believing is in charge of my needs? Who do I want in charge instead?

What is my definition of selfishness?

How does putting my needs first help support me as a mother?

Can I take such good care of myself that I have nothing to complain about? What would that look like today?