

A Positive Technique To Create Empowering Thoughts To Help Yourself and Your Family

by Elaine Lerner MSW CSW

We all have preconceived thoughts we have developed from past experiences. Sometimes these thoughts serve us well and move us ahead positively. However, sometimes these thoughts hold us back and stop us from achieving the outcome we want.

The following method will show you how to get what you want in life by cultivating and growing new thoughts that work. The technique can be used to improve your personal life as well as help you take control and help your child improve their life at home, in school or in social settings.

It's a simple technique that takes practice and coaching to replace old thoughts with new, empowering thoughts.

During my years of working with parents of ADHD children, I have seen how powerful this can be.

For example: Suppose your child has difficulty staying focused in the classroom and is failing.

Your automatic *Thought* might be: He is failing in school. He is never going to become anything. I am a bad parent.

Your automatic *Reaction* might be to yell, threaten and punish by taking things away.

Your underlying *Feeling* might be to feel powerless, hopeless and frustrated.

The *Behavior* is staying stuck and not moving forward.

With thoughts like this, having a positive outcome might be virtually impossible.

If you learn how to replace your negative thoughts with more positive, problem-solving thoughts, the chances of achieving a better solution will be greatly improved.

Your new *Thought* might be: I understand my child is having difficulty in school.

Your new *Reaction* might be: I am going to get educated to learn about accommodations and resources we can use to give him a better chance.

Your new *Feeling* will be that of empowerment to take control of the situation. This will greatly increase your chances of success.

The new *Behavior* is one of moving ahead to put a plan in place, to solve the problem.

To sustain success, you need repetition and reinforcement and in many cases, personal coaching.

As a coach and trainer, my responsibility is to educate you on how to establish a process, focus your efforts and keep you on track, act as a sounding board to answer questions and guide you to achieve your goals. I offer a series of workshops for Parents and grandparents of young children, pre-teens and adolescents. These workshops are conducted in an individual or classroom setting as well as online. In addition, I also provide personal phone coaching.



Elaine Lerner, MSW, CSW is an ADHD and ODD Parent Trainer & Coach. She trained with Russell Barkley, PhD, an internationally recognized authority on ADHD. She conducts Parent Trainings & Coaching in Garden City and Melville. Parents learn how to manage their children on a day-to-day basis. Trainings and coaching help relieve stress in families, bringing them closer together.

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