

Let me recognise the solution so that the problem can be solved.

Let me realise today that the problem is always some form of grievance about something which I would cherish. Let me also understand that the solution is always what I seek to let the grievance be replaced. Today I would remember the lesson that there is one problem and one solution. The problem is a grievance; the solution is what I seek. And I invite the solution to come to me through my forgiveness of the grievance and my welcome of the solution which takes its place.

Specific applications of this idea might be in these forms:

*This presents a problem to me which I would have resolved.
The solution behind this grievance will resolve it for me.*

The answer to this problem is the solution which it conceals.

1. **Problem Language:** *"If you eat that junk food now, you will not eat your tea!"*

Is this not a statement of exactly what the child desires?

Solution Language: *"It will be hard for you to eat your tea if you eat that junk food now. Would you be willing to wait till later please?"*

2. **Problem Language:** *"Stop throwing that tantrum now...1 ... 2.... 3!"*

This lets the child know that the tantrum is getting to you... tantrum works!

Solution Language: *"I can see calmness has left the building, I am wondering how we might bring calmness back?"* What is calming for your child?

3. **Problem Language:** *"Your room is a mess, clean it up now or you will have no tea!"*

The child will internalise this statement as judgement and criticism (distance)
– "I'm not OK."

Solution language: *"I am wondering if tidiness might clean up your room so that I might reward you."*

This statement encourages love, tidiness, connection and peace. "I'm OK"

Remember PLACE – Playfulness, Love, Acceptance, Curiosity, and Empathy.

Keep your calmness, slow your voice; regulate the tone, downward inflection at the end of each sentence, non threatening body language.