

Choosing Security

Your Child's Need:

When your child's *need* requires a response that is not comfortable for you...

Shark Music:

You suddenly *feel* uncomfortable...(e.g. lonely, unsafe, rejected, abandoned, angry, controlled etc.)

Choice Point:

- You can *respond* to your child's need (in spite of the discomfort it causes you),

OR

- You can *protect* yourself from further pain by overriding your child's need (limiting or avoiding a response). If you protect yourself from uncomfortable feelings, your child's need will go unmet. Over time s/he will begin to express that need indirectly, causing both of you difficulty.

All parents hear Shark Music with some of their child's needs. The parents of secure children *recognize* their Shark Music. Often (not always) they *choose* to find a way to meet their child's need, in spite of the temporary pain it causes them.

Steps to Security:

1. Recognize the discomfort ("Here's my Shark Music again."),
2. Honor the discomfort ("I hurt now because this particular need triggers my Shark Music."),
3. Respond to your child's need.