



A Parents Journey – Session I – *Celebrating Parenthood & Childhood*

Presented by Kids at Hope and
Arizona State University's Center for
the Advanced Study and Practice of
Hope



ASU Center for the Advanced
Study and Practice of Hope
Arizona State University



A Parents Journey

CELEBRATING

- The most important person/people in a child's life
- It's never too late to make a difference
- Life is a journey – use your GPS



Session I – Celebrating
*Parenthood by learning
about the Kids at Hope
and Self-Powerment
Models/Concepts*

What is Kids at Hope?

Kids at Hope introduces the Science of HOPE by reminding us that Hopeful people do better in life than people without hope.

Hope is more of a skill set than it is an emotion

Hope is a choice as is hopelessness – Choose HOPE

Hope can be taught and learned



DNA

ASU Center for the Advanced Study and Practice of Hope
Arizona State University



In Partnership with



The DNA of HOPE

Identify one of your goals

How committed are you to achieving your goal? High, Medium, Low?

Other notes



Identify two separate pathways to achieve that goal



Add a little bit of body text



Notes:

Where you on the ladder of life? High, low, or in between?

Where would you like to be in three to five years Offer some examples

Measuring HOPE

Hope Analytics

BELIEVE

Notes: How do you express your belief in your children or the children you serve. Be specific

NO EXCEPTIONS!!

Who else in your child's life expresses their BELIEF in your child??

Other Thoughts



Why are ***Connections*** with caring adults important for you child or the children you serve?

Who are the ***caring adults*** in your child's life. Remember the more the merrier.

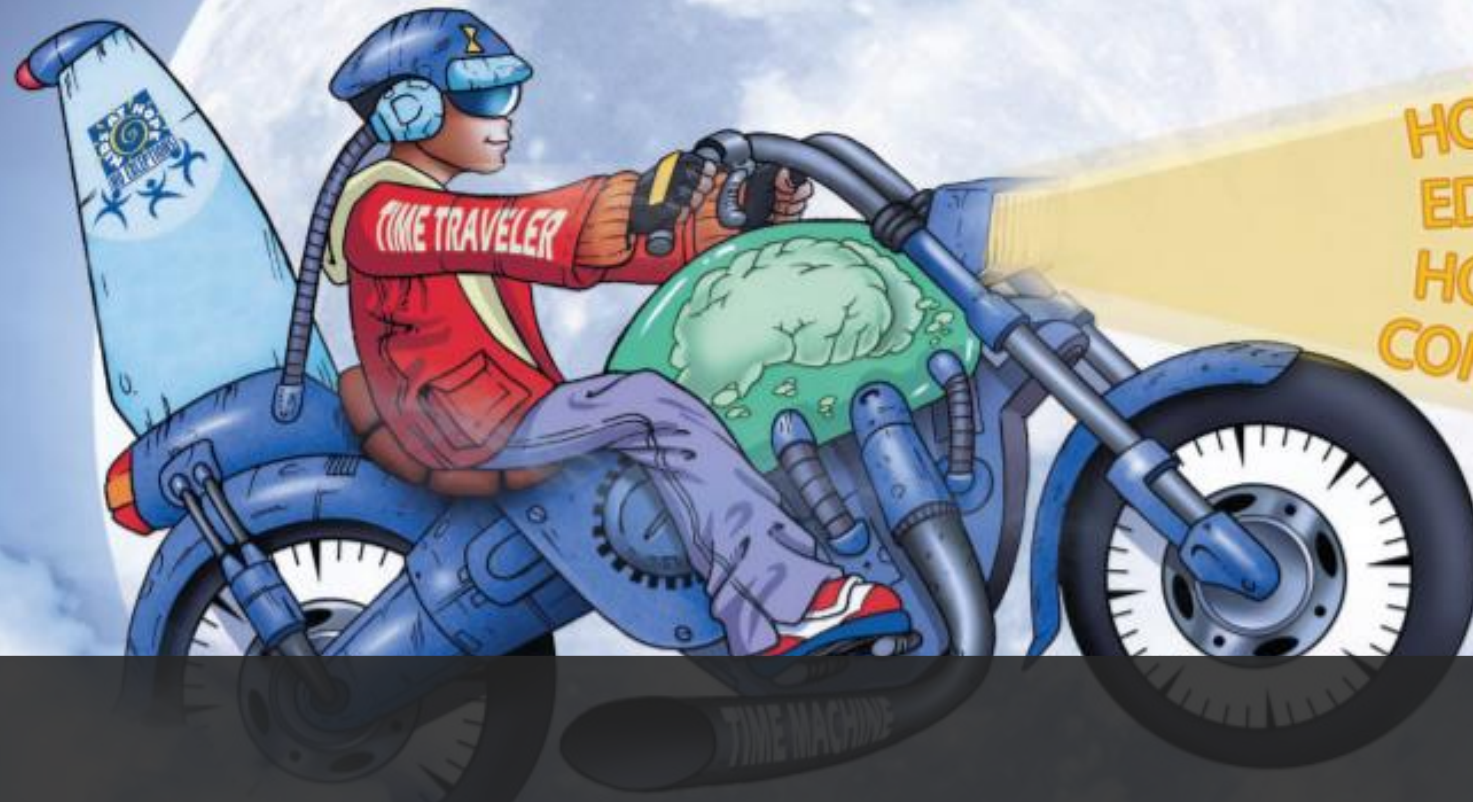
CONNECT

Other thoughts about ***CONNECTIONS***

—

Time Travel





HOBBIES & RECREATION
EDUCATION & CAREER
HOME & FAMILY
COMMUNITY & SERVICE

Mental TIME TRAVEL



In your own words
describe your
understanding of mental
time Travel

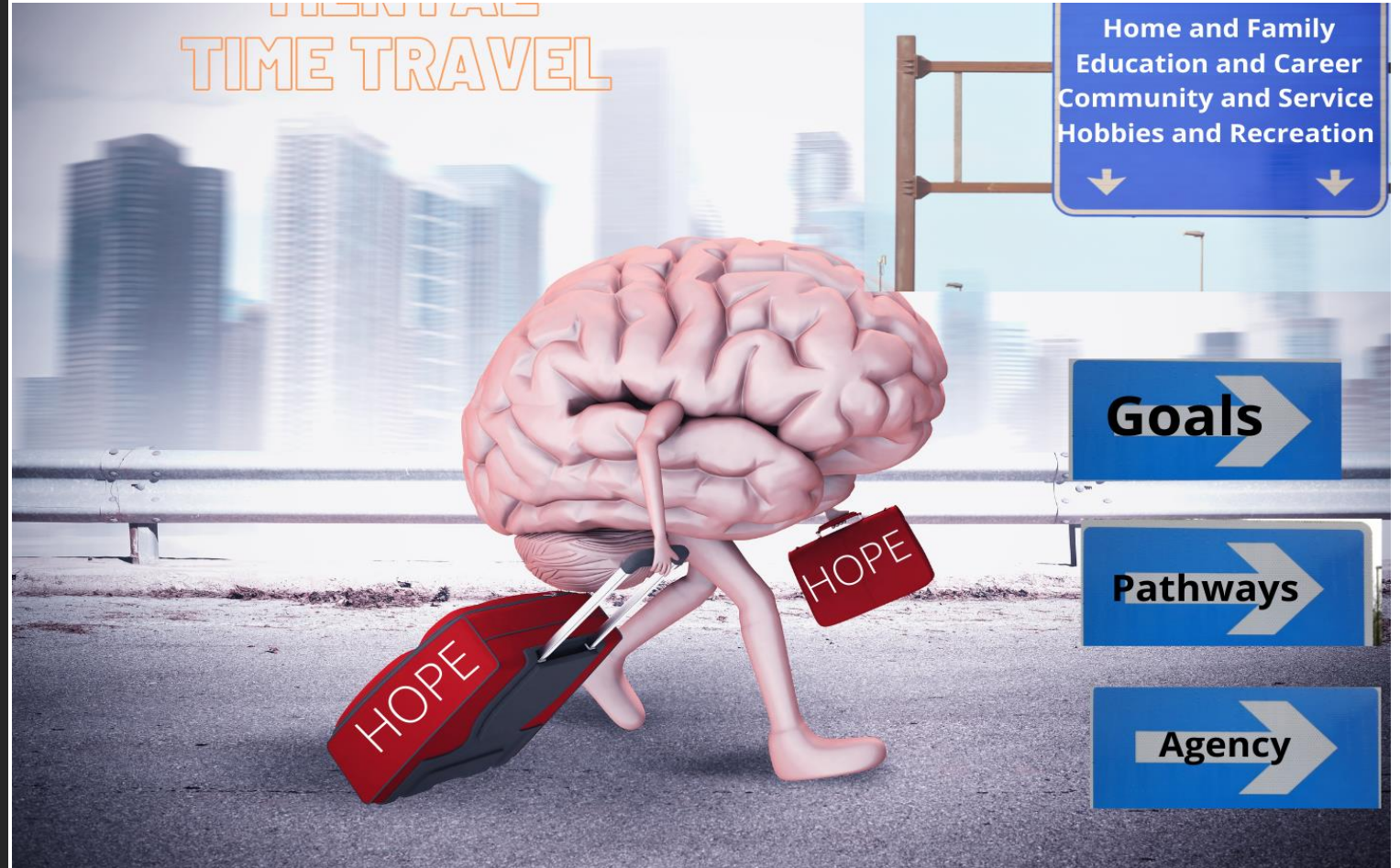
Do you have personal
goals in each of the
destinations, please
describe

Other notes:

Mental TIME TRAVEL

What goals do you have for each destination?

- Home & Family _____
- Education Career _____
- Community & Service _____
- Hobbies & Recreation _____



What goals does your child/youth have

- Home & Family _____
- Education & Career _____
- Community & Service _____
- Hobbies & Recreation _____

Creating & Activating Hope



HOW DO YOU CREATE

Hope

IN A
YOUNG PERSON?



CONNECT

How do you know your child/youth has meaningful connections with caring adults?

TIME TRAVEL

How do you trigger you child/youth to think about their future?

BELIEVE

How do you know your child/youth feels believed in by you and others?

Notes

What is the Self-Powerment Model?

- **Self-Powerment** – It is a simple and powerful strategy allowing you to experience new possibilities and success
- Based on cutting edge research The Self-Powerment demonstrates how being in the **PRESENT** moment provides an understanding about feelings and the important messages they relay.
- By understanding and experiencing the Self-Powerment model you control your destiny and support those who you most love and care about.



What is True and What isn't?

Defining a Direct Experience

Exercise:

Think about eating a piece of chocolate – describe that experience.

Now eat a piece of chocolate and describe that experience

The reality of actually eating it rather than “thinking” about it is direct experience.

Exercise:

Think about a dream vacation. Describe it.

When you actually take the vacation, you will find that what you thought it was going to be was better or you may be disappointed. But what you ultimately experience was the truth – it was a direct experience.

Examples you would like to offer?

What is true and when do we make things up that may not be true - and in many instances are harmful?

Listen to your body's Biology and Feelings- they are telling you the truth - only if you listen. When you listen to and respond accordingly you have a direct experience – it isn't made up - it is true. For example

Body (biological) talking to you-

- Hunger is true – *direct experience*
- Thirst is true – *direct experience*
- Fatigue is true-*direct experience*

Emotions talk to us through feelings

- Anxiety is true-*direct experience*
- Sadness is true-*direct experience*
- Frustration is true-direct experience

All of these are direct experiences that you are experiencing them in the **Here and Now** –*The Present* - They do not lie to you. They tell you the truth but only if you listen to them.

So, what is the purpose of a feeling?

Simply, to let us know that we need to pay attention because something may be out of whack The **Anxiety Feeling** tells us its time to be in the present moment and focus on what is.

The **Frustration Feeling** tells us that we need to make different choices, take control and not blame or get angry at others or ourselves. The present moment is where we are able to make a different choice and not to be angry.

The **Sadness Feeling** lets us know we are holding on to something we can't change and its time close that chapter so we can refocus on the present.

Our body responds to **Feelings** the same way it attends to biological indicators like hunger, thirst and fatigue. Unfortunately, we often misinterpret our **Feelings** by allowing them to be hijacked and by doing so we wander in directions that are harmful to ourselves.

In your own words describe a direct experience biological and emotional _____

What happens
when Feelings
are hijacked
and force us in
a direction
that may be
harmful?

Emotions = Feelings

Anxiety is hijacked by a *thought* called worry-no longer can anxiety tell us what we need to know because it has been taken hostage by worry causing us to leave the present moment - lost in the future.

Offer a personal example of how a thought "hijacked" or took over a feeling to make it more than what it was supposed to be

Frustration is hijacked by a *thought* that suggests we have lost control and instead of seeking control or making different choices we blame other people, ourselves, and things. We leave the present moment. The true Feeling of Frustration is to help us make different choices so we can succeed, rather than blaming ourselves, others or things.

Think about a moment when you were frustrated. What was it that frustrated you? What did you do about it to reduce or eliminate the frustration? Was it a different choice?

Sadness is hijacked by a *thought* called guilt and rather than leave it in the past where it belongs, we stay there with it and therefore we cannot be in the present moment. No longer can we make different choices. The Feeling of sadness before it is hijacked is to remind us to close down something that can't be changed. We are best for ourselves and others when we are in the present moment.

When you feel sad are you able to move on or do you feel shackled to the past with regret or guilt

Other
notes

The opportunity to trust our intuition, draw upon our wisdom, and find our creativity happens in the present moment by recognizing the true reason we are experiencing Feelings is to make different choices that directly benefit us and by doing so we become more genuine and authentic for others.

Another way to see a Feeling being hijacked by thought is to see it piggybacking on a Feeling. Either way, it distorts the truth

I'm in charge now!

I was just standing here feeling **anxious** and before I knew it this **thought** named **worry** jumped on my back and took over

WORRY

Thought

**Why aren't you
in the Present
Moment?**

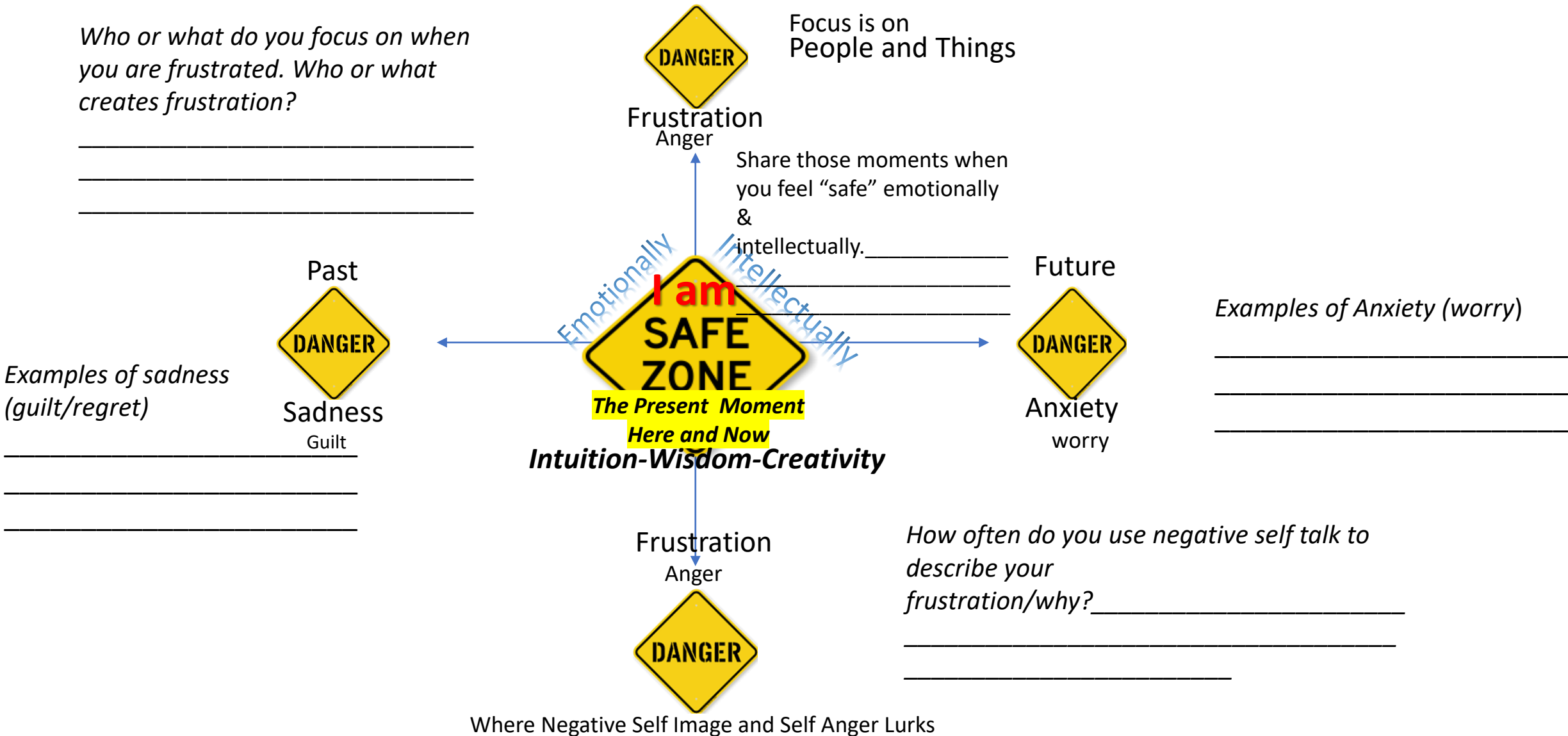
ANXIETY

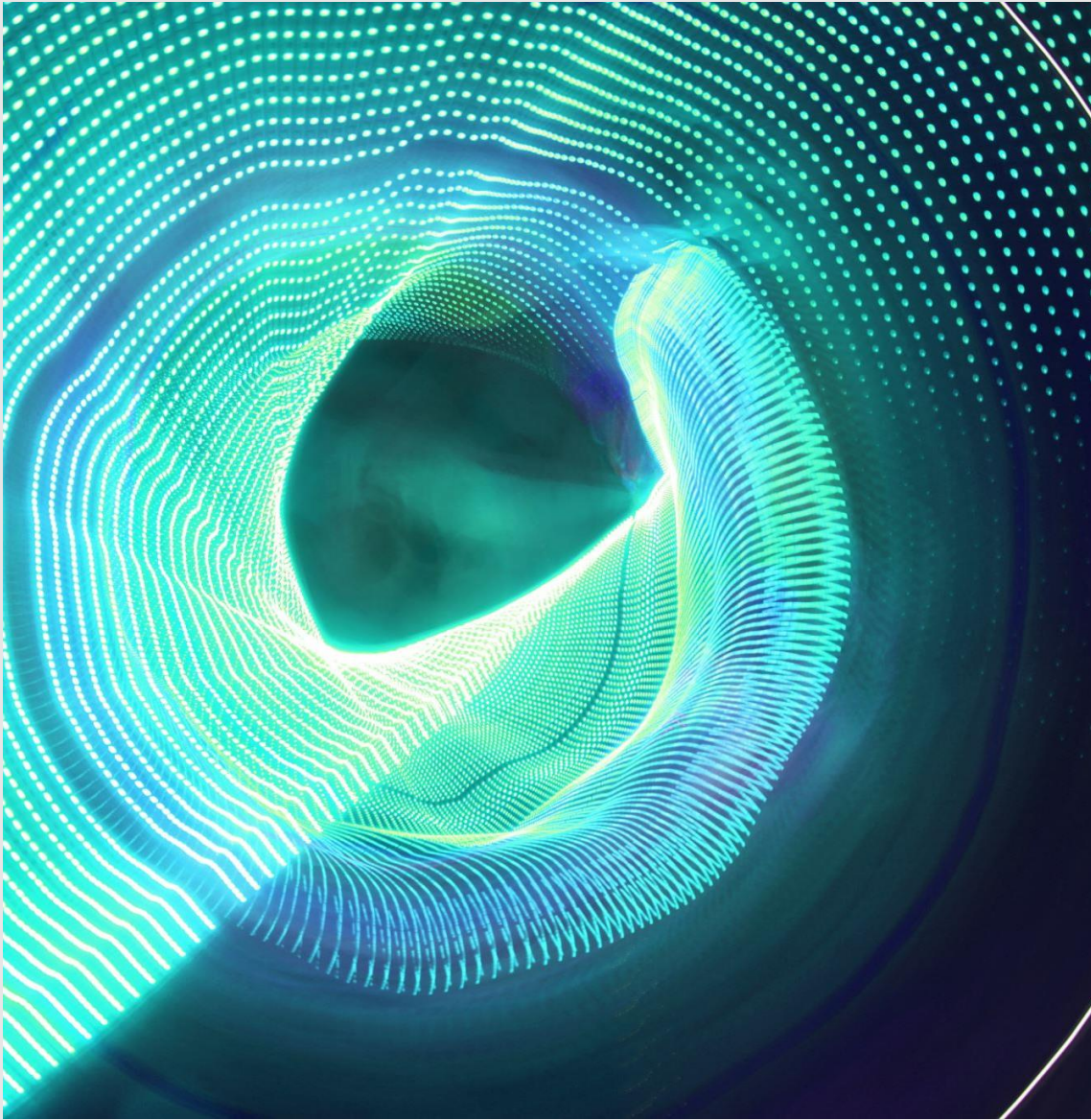
Notes _____



Finding Our Way Back to Ourselves

SELF POWERMENT – when you are the best you can be by *Being in the Present* moment and avoiding areas that are dangerous to your well being





Entering the World of Children/Youth

Session II – A Parents Journey

HOW TO ENTER THE WORLD OF CHILDREN/YOUTH

- *REFRAMING YOUR EXPERIENCE SO THAT YOU GO INTO THE CHILD OR YOUTH'S WORLD*
- *PRO ACT RATHER THAN REACT – REMEMBER THAT THE SITUATION IS NOT THE FOCUS– TEACHING AND GUIDANCE IS THE FOCUS*

For this experience, please list
your own children's name and age
or the children/youth you serve of
which you are most concerned

CAUTIONS

NO CHARGES – YOUR
WISDOM IS EXPERIENCING
THE SITUATION NOT
LABELING IT POSITIVE OR
NEGATIVE

Identify a troubling situation in which you experienced with your child/youth – try to describe it without using an emotion, that is, make sure you're not describing it as positive or negative

ALWAYS HAVE PERSPECTIVE
– WHEN YOU LABEL A
SITUATION NEGATIVE OR
POSITIVE THE SITUATION
BECOMES THE FOCUS

Describe a troubling situation you have had with a child/youth and how you may have defined more the situation than you did the needs of the child. Try to reframe that so the focus on your child/youth not the situation.

Where do you want to be?



Past – feeling sad, or guilty



Frustrated with other people or things



Circle the graphic that best describes where your mind is currently. Are you in the future anxious and worried about something? Are you in the past, feeling sad about something or somewhat guilty? Are you frustrated by someone or something? Are you feeling bad about yourself? Or are you in the present feeling creative, wise, and trusting your instincts



Intuition –wisdom -creativity

In the Present Moment



Future –Anxious, worried



Remember you are your most authentic and genuine self when you are in the present moment prepared to make a difference in the lives of the children and the youth you love and serve.



Frustrated-Feeling bad about yourself



Where do you want to be?



Intuition –wisdom -creativity
In the Present Moment



Notes _____



Notes _____

Where Are You?

GPS to Self-Powerment



Self- Powerment and HOPE

- When you are in the **Present Moment** listening to your true FEELINGS free from the distractions and distortions that are found in the past, or the future or are focused on other people and things that consume you with guilt, anger, and worry you are in the best place you can be – a place where your strengths of intuition, wisdom and creativity exist. You are Present for yourself and others.

Notes

- And when you are in the **Present Moment** you can genuinely and authentically help the children you love and serve by teaching them about **Hope**. You are prepared to **BELIEVE-CONNECT-TIME TRAVEL** which is the foundation of teaching Hope because you are not distracted or lost. By being **Present** for them **HOPE** and **Success** follows.

Notes

*Let's Enter the World of Children and
Youth –What an adventure!!*



JONATHAN

Jonathan is a 12-year-old boy who has been accused of bullying younger students at school.

He has been brought to the principal's attention and continues to deny he bullies and blames others for bullying him.

His parents acknowledged Jonathan's behavior but feel helpless because he doesn't listen to them.

They have tried restricting him from using his cell phone or hanging out with his friends until his behavior improves. He only gets angrier when these restrictions are instituted.

Jonathan has a few friends but not many. His friends are sometimes a part of the problem. Hanging out with the wrong crowd so to speak.

Jonathan is an average student but could do better if he applies himself.

He like basketball but doesn't play on the school team.

His parents and the school feel they are running out of options and are concerned his behavior could escalate.

Enter the world of Jonathan-what treasures do you sense are “buried” in him. How would you reach him, not through intimidation, threats or consequences but through empathy and love. Have you faced a similar situation? What did you learn? Would you do something differently now if what you did, didn't work out as you had hoped?

RANDALL

Randall, was acting out in class to the point that the teacher made a referral to the school’s counselor/social worker, Behind the social workers desk was a Kids at Hope poster that read, “All Kids are Capable of Success, No Exceptions!” When Randall sat in front of the social worker at his desk and read the poster behind him, he said, “That’s not true.” The social worker responded, “What’s not true?”

“The poster behind your desk, what it says, is not true.”

The social worker looked behind her and saw the quote, “All kids are capable of success, No Exceptions!”

“Why do you say that, Randall?” he asked when he turned around to address him.

“Because my dad tells me I am not going to amount to anything?”

The social worker began to dig into Randall’s story and learned that his mother died two years earlier. His father took to drinking after his wife died and became verbally abusive toward his two boys. Randall was two years older than his brother.



Randall was being referred to the social worker for his behavior but was that the real issue? Have you come across a situation like Randall’s? How did you handle it? What lessons can be learned from Randall’s story. How would you enter the world of Randall not just ask him to behave so he could survive the adult world reflected by his school? _____

MICHELLE

Michelle is fourteen going on 25. She wants to wear heavy makeup and hang out with her girlfriends and boyfriends. She was ignoring her schoolwork and stopped helping around the house. When she was home, she moped a lot and pretty much locked herself in her bedroom playing music.

Everything and anything her mom asked her to do, she did reluctantly and poorly and when her mom called her on it, it almost always resulted in an argument and door slamming.

In Dr. Mandell's comments about Michelle, she reminds us to understand the biological as well as the emotional changes triggered by puberty. Reflecting on your own story with that chapter in your life how would you help Michelle navigate those challenges. In other words, how would you enter Michelle's world, so you truly understand what's happening on her "inside" not just the behavior you see on the "outside"?





JOE

As a 16-year-old student, this young man was involved in dealing drugs at school and was removed from his base school and sent to a secure alternative program. He spent time in juvenile detention and was required to stay at a secure probation house for a period.

He eventually was placed in a small alternative program where he found himself behind in his credits and at age 17.5, he wanted to dropout of high school and follow his dreams of designing hip hop apparel and selling it out of a shop in DC. However, the judge and his probation officer were requiring him to attend school and work toward his GED until he turned 18 and compulsory education no longer applied. He lived with his dad, who struggled financially, and they didn't have running water in their home, and other utilities were hit or miss.

They lived on the same street as other family members so they would carry buckets of water to their house to flush the toilets, do dishes, etc. In the winter when there was not heat, they would sleep in a room with a small heater and layers of clothing to stay warm.

His dad did not want to see him sent back to jail so he made multiple attempts and asked for a chance after a chance to make sure his son wouldn't be dropped from the program. A single trip to the school for a meeting took multiple uber rides, a long metro ride and walking some distance to show up nearly two hours late.

The young man was completely apathetic but did agree to come to school and work on his GED prep until he turned 18, all the while claiming that he didn't need school when he was making lots of money with his clothing line.

Beyond his sporadic compliance those last few months and him turning 18 over the summer, we lost touch with him.

Okay, time to be a treasure hunter. It is common to judge Joe by his behavior, his past and use that information to predict his future. So, let's try to reframe. Let's judge Joe by his potential. From this short scenario start digging for Joe's treasures recognizing they may not be on the surface, hence the title of treasure hunter. Identify at least five positive traits/assets/strengths Joe has that will help him succeed in the future.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Enter Joe's world – what is he trying to tell us but is masking it with his behavior?

Session III

Life is a Journey use your
GPS



Everyone has an internal GPS. Like in a car it works as a navigational tool. The difference between a car GPS and your personal GPS is the car GPS knows where you are and then you tell it where you want to go. In your personal GPS you know where you want to go but many times you aren't quite sure where you're at.

Thoughts: _____





**Where do
you
want to
be?**

Are you on the road to happiness, contentment, courage, security, understanding, and wisdom? Are those concepts something you would like to experience? If those concepts are where you would like to be then the question is where are you today and how do you get there?

Thoughts: _____



**Who are
you when
you are not
present?**

Take a moment and try to describe who you are, in other words, how do you feel when you are not in the present moment. Keep in mind what takes you out of the present moment is worry, anger, regret, guilt being upset with other people and things or upset with yourself. Do you feel in control when that is happening or is the situation controlling you? Capture your thoughts _____

Another way to see a Feeling being hijacked by thought is to see it piggybacking on a Feeling. Either way, it distorts the truth

Let's get
LOST

I WANT TO BE HAPPY, CREATIVE, FULL OF
WISDOM BUT THESE THOUGHTS KEEP ME FROM
BEING PRESENT - I AM SO LOST

Thought

WHY ARE YOU ALWAYS
GETTING LOST?

worry
angry
guilt

I HARDLY RECOGNIZE
YOU ANYMORE

I think I
need a
GPS to find
Myself

Why does this pig feel
lost? _____

What happened to his
feelings? _____

How is he going to find his way to the
present? _____

**Who are
you when
you are
present?**

**Who are
you when
you are
present?**

Where are you?

Circle where you are in this graphic right now.



Sadness



In the Present Moment

Frustration

feeling thought



anger
At yourself



anger
At other people and things



Frustration

Feelings

Anxiety

Frustration

Where do you want to be?

Anxiety

feeling - thought



These are all GPS Questions

- Where are you?
- Where do you want to be?
- Who are you when you are not in the present?
- Who are you when you are in the present?

Thoughts _____

[illegible]

Remember your body is sending you messages through "feelings." That's good and healthy. However, don't let your thoughts distort the real meaning of the message. When it does it takes you out of the present and you lose focus - lost in anger, worry, upset with people and things or yourself.

Where Are You? Where do you want to be?
Who are you when you are not present?
Who are you when you are present?



What do the pigs represent in this graphic?



ADD A
BIG
DOSE OF
HOPE

- BELIEVE
- CONNECT
- TIME TRAVEL

Thoughts_____

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Thank You

Visit

www.kidsathope.org



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