



4. Consistency Is Key

It is all about integrity—meaning what you say, saying what you mean, and following through with what you promise.

Dr. Kevin Lehman: “If you want your child to take you seriously, say your words once. Only once. If you say it more than once, you’re implying...I think you’re so stupid that you’re not going to get it the first time, so let me tell you again.”

Every child lives up to the expectation you have for him.

- ✿ In what areas do you find it hard to be consistent?

- ✿ When are you most prone to make threats you don't keep or multiple warnings?

- ✿ What effects has your inconsistency had on your parent child relationship?

- ✿ What consequences are you the most consistent with on a regular basis? Why do you think you are?

- ✿ How well did your parents keep their promises and follow through with their warnings?

Action Step

Pick one area you are struggling with enforcing consequences and decide to stand firm on what you say today. What will help you mean what you say and not cave in?

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