

ASSIGNMENT #3

Practice does not make perfect, but it does establish new patterns of behavior. Practice is defined as purposeful repetition. For many years you have practiced either intentionally or unintentionally patterns that were destructive to others, yourself and likely both. Changing those patterns is NOT about just trying harder or NOT doing the negative thing.

“You cannot do a don’t; the only way to do a don’t is to change the don’t into a do, and do the do rather than doing the don’t.” (Say that 5 times fast)

I know that may sound like a lot of do do, however the more you focus on the negative patterns established the more you will fall into them. The most effective way to change the negative patterns is to reinforce and replace them with positive patterns.

Assignment:

- **Practice the parenting skills you are learning. Practice on the dog, another child, a spouse, a friend, a co-worker whoever you can find.**
- **Write down the top five parenting don’ts for you and change each one to a positive do. Send your list to the AMYA Counselor.**
- **Continue to WRITE and be consistent.**

Hint: Positive do’s are things you can do instead of the negative thing you don’t want to do. Make these do’s things that you can control, not based on how others respond or behave.