



# SHANE LYNCH PSYCHOLOGY

## Old & New Habits

If you want to start a new habit, the most effective way to do this is to put your new habit before or after an existing habit already in your routine. You're welcome!

## Things to Try...

The next time you feel that feeling bubbling up about to bubble over, name it! But instead of saying "I feel \_\_\_\_\_" say "A part of me feels \_\_\_\_\_." Acknowledgement is step one, but creating separation from the strong feeling is the key to beginning the reduction in intensity of that feeling.

## About Shane

I'm a Registered Psychologist, husband, and father of three boys (5, 3, 1). I grew up in Calgary, and completed my undergraduate and graduate degrees at the University of Victoria. I'm looking forward to enjoying cozy, quiet nights by the fireplace... after the kids are in bed of course!



## Helping Your Good Intentions *Actually* Land

I think we can all remember the last time our partner came home from work with a story about something that did not go very well. Or maybe they shared their experience with the kids that day where even the best parenting was unsuccessful in addressing the concerns of the day. Or maybe we learned of some of the latest "family drama" from our partner that was all too familiar.

So what did we do? Like the loving, supportive, partners we are, we mustered up any energy we had left and likely enlisted one of a few of our most hard-working parts: the problem-solver, the fixer, or maybe the analyzer. These three parts have had lots of practice, so much so they don't even ask permission to help out, they automatically kick into gear at the slightest inkling of a problem that needs solving, a situation that needs fixing, or a drama that needs analyzing. Of course, these three parts have good intentions, but their delivery is all wrong. Our partner's are



## Tips for Dads & Moms

Every feel like a broken record when you're talking to your kids? Of course you have!

- "How many times have I told you not to...?"
- "When are you going to remember your...?"
- "Why couldn't you do this the first time I told you...?"

Next time try this Collaborative Problems Solving technique. Simply say:

"Trouble doing/remembering \_\_\_\_\_. What's up?"

Then wait. No matter how old they are, wait. Wait for them to respond to your open question. They'll decide the best way to answer which will tell you what is likely getting in the way of them (a) not doing something you told them (not) to do; (b) not remembering something you've told them about several times; and (c) what's getting in their way when they go to do something you've asked them to do many times before. Now validate your kiddo's concern, and then share your concern regarding the unfinished task in question.

smart, they can solve their problems, or fix things that need fixing. They've also got way more information to analyze scenarios with people they know or are related to. So when we let these parts take over, we give a bunch of information our partners don't need (or want) and don't do much listening while these parts formulate their solves, fixes, or analyses.

Next time this comes up, here's what you say:

"Wow, you know a part of me really wants to:

- ◆ Solve this problem for you...
- ◆ Fix this situation for you...
- ◆ Analyze this drama for you...

...but I'd like to do whatever you would find most supportive, so can you tell me what that is so I can start there?"

After you're partner comes out of shock, they'll do one of two things: (1) Ask you who you are and what you've done with their partner, and/or (2) Tell you what they want you to do, so you can just do that instead. Your good intentions delivered!



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