



SHANE LYNCH PSYCHOLOGY

Another reminder:

Parts have good intentions. Issues arise because their delivery of those good intentions are not so good.

Keep Practicing...

You might like to try what I've come to call the Triple "A" approach to parts work.

A1: Acknowledge - "A part of me feels anxious and another part of me doesn't think that's reasonable."

A2: Appreciate - "I know you don't want anxiety to take over, that's why you're giving me all these reasons anxiety isn't reasonable. Thanks for trying to help with the anxious part."

A3: Ask - "If it's okay, I'd like to talk with anxiety and help it calm down. Would it be okay to press pause on all the reasoning for a few minutes so I can do that?"

About Shane

For any fellow motorcycle enthusiasts, keep the shiny side up this summer!



Assertive Communication

Clients often ask me to help them build their confidence. They share their inability to speak up for themselves at work or stand up for themselves in their relationships. Some clients, who are also parents, have difficulty setting boundaries with their children (e.g., they either don't have any boundaries or their boundaries are far too rigid).

Fortunately for us, confidence is one of those natural characteristics included in the 8 C's of Self (as described by the Internal Family Systems model of therapy—Issue 9). This means, I don't have to teach you to be confident, instead, I have to teach you how to notice when parts of you that are insecure have taken over and are dictating your thoughts, feelings, and behaviours.

You may ask: If I apply the concept of the Triple A approach described in the "Keep Practicing..." section, what happens next? Answer: Hopefully you are beginning to create space from parts that lack confidence, to allow your natural confidence—along



Tips for Dads & Moms

I know this may come a bit late in the summer, but maybe you can start to right the ship now before September comes:

Don't ditch your routines in the summer. Specifically, don't ditch *all* of your routines. I know that kids may want to stay up later and sleep in more, but make sure these kinds of routine changes are developmentally appropriate for your child(ren).

Even if bedtimes change, it's best to keep the routine leading up to bedtime close to the usual September to June routine - especially for kids 10 and under. With my own children (6, 4, & 2) this summer their bedtime has moved about 30-40 minutes later, but the bedtime routine remains the same.



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with the other 7 C's—to peek through. At this point you might discover something we often talk about when we refer to the concept of Assertive Communication.

Now, just quickly, assertive communication is not about being bull-headed, argumentative or confrontational, and it's not designed to put someone in their place.

In its simplest form, Assertive Communication is about responding to “how” someone says what they say, instead of “what” they say.

The reason we get into arguments or avoid being assertive altogether, is because we disagree with “what” is said, which is much more common than you might think. Then, insecure parts, when confronted by something that feels scary, uncertain, potentially uncomfortable or, what could ultimately lead to a disagreement; they get you to shrink down, ignore, avoid, or even give reasons why responding is pointless, even futile.

What if you could respond to *how* someone says what they said instead what they're saying? Specifically, by sharing your observations of: the words they use, their tone, delivery, timing, or even their body language.

Because it is quite common to be less assertive when we feel attacked or triggered or even outright insulted, here is our chance not to enter an argument with the person about what they said, but to shine a bright light on *how* they said it.

This can be quite empowering for at least two reasons: 1) We normally don't say anything and feel small, but instead have spoken up; 2) Your observations are not up for debate, they are yours and are not wrong. I've found in most cases, when people are shown the mirror of *how* they come across, they usually quickly change their tune. They often apologize, rephrase what they said, or are generally taken aback by my description. This creates space to try again. For example:

“When you come home and see that I've cleaned up and use sarcasm to acknowledge the job I've done, it sounds like a put-down.”

Parent to child: “I get your frustration with our rule that chores come first, but your tone of voice sounds disrespectful. Would you like to try and say that to me again with your normal tone of voice?”