

Resistance & Relationship

Seth Perler and BVGT

What you'll learn: Resistance & Relationship: How to help your gifted child move through “unhealthy resistance” while strengthening the relationship.

Resist: chores, responsibilities, planners, studying, homework, starting, finishing, getting organized, removing distractions, and of course, receiving help from parents.

Problem: This can cause great strain in the relationship.

Solution: Today we'll explore why the resistance is there and how to help while strengthening your relationship.

Common resistance words:

I don't wanna.

I don't feel like it.

This is stupid.

When will I ever use this?

Why do I have to do this?

Why don't you trust me?

Leave me alone, I've got it!

I promise I'll talk to the teacher tomorrow.

I swear I turned it in. I know it. The teacher must have lost it.

He must not have graded it yet.

The teacher hates me.

It doesn't matter anyhow, it doesn't affect my grade.

She won't collect it so I don't need to do it.

I'll do it later. I'll do it tomorrow. Promise.

My parents never listen to me.

My parents are annoying.

My parents never let me do anything.

They don't understand me.

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Guess what?

All parents are annoying. Even your parent's parents.
And theirs. And theirs.

Perspective: You are not alone and **there are solutions if open-minded.**

Guess what?

Parents do the best they can. No instruction book. All people are difficult. It's ok. But what to do about it!?

Guess what?

People change, relationships change, be open-minded.
Relationships can be built. Growth mindset. Can become amazing. Healing happens.
More joy, connection, fun, playfulness, support. Feel seen, heard, understood.

Guess what?

What parents need to help students:

- Clarity about what needs to be done.
- Honest, open, forthcoming (not mind readers).
- Patience with them.

Guess what?

Principle: Co-regulate with eye contact, smile, breathe, kind eyes, compassionate heart.

Guess what?

Principle: The only way through is through. Persistent baby steps needed. No quick fixes, magic bullet, no quick and easy.

Guess what?

Principle: Wait time, longer than you think you should pause. Listen. Really listen. Hear.

Guess what?

Principle: Secure attachment is goal.

Person 1, "I am here."

Person 2, "I know. I feel seen, heard, known, understood, safe, a part of, like I belong."

Guess what?

Principle: Ownership and Buy-in are needed.

EXPERIMENTS / TOOLS

EXPERIMENT

Appreciation pitch and catch.

- Simple or detailed.
- 3 min
- Active listening, holding space.

EXPERIMENT

3:1 Rule

- Notice effort

EXPERIMENT

Temperature Check 1-10

- WHY?
- What would make it +1?

EXPERIMENT

- Belly breath
- Triangle breath
 - Regulates

EXPERIMENT

HiLo

- Best and worst thing about...
- Tell me more?
- Wait time.

EXPERIMENT

Reflective listening

- Tell your truth about something, but be kind. *“I want to be honest with you about something...”*
- Tell your wish... *“What I’d like is...”*
- Active listening, holding space.
- Reflect back what you heard: *“So I hear you saying problem is... What you want from me is... Is that right?”*

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EXPERIMENT

Reflective listening #2

- “How can I be helpful?” Wait time.
- Tell me more.

EXPERIMENT

Hold space.

- No nodding, facial responses, just listen without having to fix or change anything.
No shoulds.
- “*What’s important to you?*”

EXPERIMENT

“Get to” mindset. Do we choose to think:

- “I get to...”
or
- “I have to...”

EXPERIMENT

Celebrate successes.

- Super Saturday.
- Plan celebrations, make it a thing.

EXPERIMENT

Coregulate.

- Stronger nervous system wins.

EXPERIMENT

Pre-talking.

- Concrete vs. abstract.
- Abstract = overwhelm, stress, unknown, amygdala.
- How to pre-talk: Share when? Where? What you need to talk about?
- “At 7 tonight we’re going to chat in the kitchen about... You’re not in trouble, I just need to know... We’ll talk for about ___ min and after that we’re done, as long as you are open and honest.”

EXPERIMENT

Always assume positive intent. It’s probably not personal.

“What’s going on?” instead of taking it personally.

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EXPERIMENT

What would it look like if it was easy?

EXPERIMENT

1 minute meditation (stillness). Benefits: calm, clear, regulated.

REVIEW

The Most important thing...

Build a kind and compassionate relationship where we feel seen, heard, known, understood.

And have fun together!