

Mara Biere, MA  
Certified Family Life Educator  
Founder & President



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### About Grow A Strong Family, Inc.

**GASF is a social service agency which provides customized family life education services to the family members of those individuals with mental illnesses.**

**Our primary mission is to offer a comprehensive menu of evidence-informed services to improve the health and wellbeing of our clients including but not limited to:**

- ▶ *Coaching services*
- ▶ *Skills-based seminars/webinars/support group*
- ▶ *Pet Therapy*
- ▶ *Social Media presence on Facebook*
- ▶ *Maintaining and updating our GASF webpage including providing free educational Blogs & Resources*
- ▶ *Collaborating with community-based agencies*



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### Acknowledgements

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### Acknowledgements

Contents of this presentation were developed by using material from the "Becoming a Love and Logic Parent Program" developed by Jim Fay & Foster W. Cline, MD (1990, 2000, 2008) and of which the presenter, Mara Briere, has been certified in.



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### How To Avoid Power Struggles

Mara Briere, MA  
Certified Family Life Educator  
President and Founder



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### This Webinar

- Power Struggles - the what, the how, the why
- Control
- Strategies
- Disabling the Enabling
- Serenity Prayer



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### Power Struggles/Control Battles

- ▶ What is the purpose of the power struggle?
- ▶ What do YOU have control over? What do you *wish* you had control over?
- ▶ Where do you spend your energy?




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### Power Struggles/Control Battles

Blank paper exercise:  
 Take a blank piece of paper and draw a line down the middle.  
 On one side write, "This is what I have control over."  
 On the other side write, "This is what I *wish* I had control over."




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### Strategies

Neutralize the arguing.



*"I love you too much to argue about this!"*




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### Strategies

Use One-Liners!



- "That's one way to look at it."*
- "Hmm, that's an option."*
- "Interesting."*
- "Tell me more."*




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### Strategies

Make your statements into questions.




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### Enforceable Statements

- ▶ *Enforceable statements tell the other person what I am going to do or how I am going to handle something.*
- ▶ *Since this is about what I can make happen, it is enforceable.*
- ▶ *For example, "I'll listen to what you have to say as soon as your voice is as quiet as mine."*




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### Strategies

Say, "NO!" by saying YES to something else.

Instead of, "You cannot drive the car!" you can say, "Feel free to drive when you have taken your meds regularly."



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### The Delayed Consequence

"Don't worry about it now."  
"I'll get back to you about this later."



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### Good Neighbor Policy

How would you talk to a neighbor that you liked and respected?  
This means being polite, caring, concerned, and no-nonsense.



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### Whose problem is it?

Identify if a given problem belongs to the YOU or your loved one.

- ▶ "What's going to happen to me if that problem doesn't get solved?"
- ▶ "Am I upset because he's upset?"
- ▶ "What happens to me personally?"
- ▶ "How might I twist this problem to make it mine?"



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### Disabling the Enabling

- ▶ Every time we solve their problems, we meet our own needs.
- ▶ Every time we allow them to solve their own problems, they meet their own needs.
- ▶ In the event that the solution is not effective, you can offer to assist with Problem-Solving.



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KISS!



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### Serenity Prayer



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### Resources

- Strategies from the Cline/Fay (1991; 1993) "Becoming a love and logic parent program." And the book, Cline, F. & Fay, J. (1990; 2006). Parenting with love and logic. Colorado Springs, CO: Pinon Press.
- [www.loveandlogic.com](http://www.loveandlogic.com)



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### When best laid plans fail!

- ▶ Stick to your "normal" routines as much as you can
- ▶ Eat and drink in moderation
- ▶ Plan on exercise; build in "nature" time.
- ▶ Make sure you have a Plan B and a Plan C in place for the unexpected
- ▶ Keep music that you love on hand and listen to it when needing to
- ▶ Prioritize your time, activities, and commitments (do what you want to and can)
- ▶ Take good, loving care of yourself!




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### Looking For More Information on Grow A Strong Family?

- ▶ Visit GASF online:
  - <http://growastrongfamily.org/>
- ▶ Email: [GASFInc@outlook.com](mailto:GASFInc@outlook.com)
- ▶ Phone: 781-405-8376




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