

Trusting the Process

by Jane Nelsen

Question:

What does it mean to "trust the process"?

Answer:

There are several aspects to trusting the process while facilitating Positive Discipline activities and the Problem Solving Steps.

- 1) Trusting the process means knowing that the activities are not about you and how good you are. They are for the participants taking your classes and workshops, and for drawing forth from them what they are learning.
- 2) Trusting the process means knowing that participants will learn what they are ready to learn. Some just aren't ready, and that is not your failure.
- 3) Trusting the process means knowing that participants learn from what doesn't work as well as what does work. This is especially helpful to know when the second role-play in the Problem Solving Steps does not "seem" to work.

One of my favorite examples was when one mother chose to be kind and firm with her child regarding going to sleep at bedtime. In the role-play it didn't seem to work. The child kept crying for her. The mom left feeling uncertain that it would work with her son. However, she later wrote the following email to the group.

I promised to give you an update on my son and our Parents Helping Parents brainstorm results. Here it is only Tuesday morning and I feel I need to tell you all how incredibly successful this process was for my family and me. The process of playing my son was incredibly powerful for me in being able to crawl inside his heart and head. Understanding his perspective allowed me to step outside of my usual mode of operating out of guilt during his bedtime routine. I chose to use the validating feelings method followed by, "I love you AND it's time for bed," and leaving the room. He smiled and went to sleep, no fussing, whining or pleading for Mom to lay down with him. This is life changing for me. As simple as it may sound, this has been going on for years and allowing me to leave that guilt behind, recognizing it as unproductive and unhealthy, is incredibly powerful for not only myself and my son, but the entire family. So...Wow! Thanks for being my catalyst. I am jumping out of my skin to pass this on to others. Thank you to all of you and enjoy implementing these tools in your own lives. Love to you all, M.