

Confidence-Building Gained by Taking Risks

Example from Denise Dampierre, application to personal life

Lessons Learned from Successful Outcomes	Lessons Learned from Mistakes
<p>Situation: Teen son mediumly motivated with school work and needed to secure an orientation after graduation.</p> <p>Result: I let my son take responsibility for his future. When I stopped controlling, he took action.</p>	<p>Situation: Ask my husband (DH) what he would like to see me change in the upcoming year.</p> <p>Result: He told me directly!</p>
<p>Insights from the challenge:</p> <ul style="list-style-type: none"> - Success is as much about the process (our relationship) as the result (his post-graduation option) - The hardest task is not to act! To let his problem STAY his problem, and not to make it mine. - Being a sounding board invites him to discover unhelpful beliefs. Ex. "Being a kid is fun. Being an adult is boring and work." - Break down daunting tasks into small decisions. Ex. Replace "What studies to pursue?" with "Which schools to visit?" "What questions to ask?" "What criteria to choose for decision-making?" ... - Worst case scenario is very uncomfortable but not end of the world. 	<p>Insights from the challenge:</p> <ul style="list-style-type: none"> - DH sees things I have trained myself not to notice. - There is a reason behind complaints. Often this underlying assumption is not clearly expressed. Once out in the open and addressed, the complaints stop. - DH cares about me enough to believe I can do better. I am capable. - DH trusts me that I will listen. I am a good listener. I can develop trusting relationships.
<p>Take away from this exercise:</p> <p>When I began this exercise, I thought of how much I had helped my son. Now I realize that my greatest achievement was to show my belief in him by letting him overcome (a.k.a. struggle first then overcome) on his own. It changed my view of him...and his view of himself.</p> <p>This exercise gave me insights into my DH's perspective. He notices my behaviors (pleasing and annoying) because he cares. This realization makes me more open to feedback.</p>	