

RESETOLOGY™

Reflection Questions & Exercises

Resetology™: Calming and Connecting Secrets from the Principal's Office by Jim House

I'm excited that you are reading *Resetology™: Calming and Connecting Secrets from the Principal's Office!*

In order for all of this to really sink in and create positive and lasting , I've created some short reflection questions and exercises for you to reflect on your parenting and to internalize these powerful new additions to your successful parenting repertoire.

I want to be your biggest fan and I want to be your trusted advisor--and this is where as your coach I have to push you in case you're considering skipping this part. So don't skip any of this! Jim House

OPENING

Chapter 1 There's Always Another Way

I want to start of with affirmation!

I already know quite a bit about you as a parent because I've found that it's only the good parents, who are already doing a good job, who seek out additional resources to do the most difficult job on the planet. So, you've already earned my deep respect! Now, I want you to take a minute to *remind yourself* what a good parent you are!

What is something you are doing really well right now with your parenting?

Remember a love-filled parenting moment (I'm sure there are hundreds!). Relive that for a moment.

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How about another love-filled parenting moment?

Excellent! Now that we both realize how amazing you are, let's proceed!

PRESET

Chapter 2 Let's Talk Cookies!

Think about a frustrating time with your kids. Now try to identify the focus and physiology ingredients that "bake" your frustration recipe.

Focus:

What are you thinking in that situation?

Physiology:

What does your face look like?

What does your voice sound like?

What is your breathing like?

What does your posture look like?

Our goal here is awareness. I am only concerned here with you becoming aware of your own emotions, and in particular, the focus and physiology ingredients that "bake" your specific emotion recipes.

Once you are aware of your recipes, you are ready to reset them when necessary.

Chapter 3 Pssst . . . Your Kid Is a Navy SEAL

What are some of your own Announcement Scripts? They may be associated with a specific situation or a specific person:

1. _____

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2. _____
3. _____

Are these Announcement Scripts working for you?

In the next chapter we will start exploring fun new ways to approach those situations that are not working.

RESET

Chapter 4 Unexpected Resetters

Are there any times in your own life where having this ability to transform your child's mood would be useful? I'd like you to identify your top 3 three frustrating/irritating situations that recur on a regular basis:

1. _____
2. _____
3. _____

As we move forward through the book, keep imagining different ways to manage these situations!

Chapter 5 Dramatic Resetters

Earlier you identified several of your announcement scripts and frustrating situations that recur on a regular basis. Now it's time to have some fun with these!

Pick just one of those situations and brainstorm three radically unexpected and dramatic ways you could approach that situation in the near future:

1. _____
2. _____
3. _____

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Very good! Now get even more unexpected--three additional ways:

1. _____
2. _____
3. _____

Chapter 6 The Dimmer Switch

Think of a situation where your child's emotional intensity is very high. You are already calm . . . they aren't.

Stand in front of a mirror and imagine you are with your child and he is irate. Now do a mock Dimmer Switch sequence with them using the "*Would you eat a bowl of worms for \$100?*" Resetter™. Just try it!

You can watch a ten-minute Resetology™ Dimmer Switch training video here: <https://vimeo.com/104480459>

The "Five Easy Steps To Resetting" download on the Resources page is also a very good resource. And I encourage you to find a Practice Partner to join you in practice resetting!

Chapter 7 Pre-flight and Maintenance

Have you memorized the Get-set Checklist? Try it:

- A =
- B =
- C =
- D =
- E =

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F =

Now test drive both of the Breathing Exercises. Seriously, try them!

1. Nose breath cadence (beginners)

- Breathe in through your nose for a slow count of five.
- Hold for a count of five.
- Exhale through your mouth for a count of five.
- Hold for a count of five.
- Repeat.

2. Underwater-swim breaths (advanced)

- Try filling your lungs with as much refreshing, new oxygen as you can, as though you were about to swim a lap of the pool under water.
- Hold for a count of five.
- Exhale explosively, as though you were trying to blow out a candle five feet away.
- Hold for a count of five.
- Repeat.

(Note: while it might be funny to watch, for safety reasons hyperventilating is not recommended as a Resetter.)

Chapter 8 Connect

Think of each of your children, one at a time.

Try to remember the last several interactions with each one. Did your interaction increase or decrease the balance in their Positive Relationships Savings Account?

And remember this balance is never static-- you're impacting this balance every time you are around your child, whether you are interacting with them or not?

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MINDSET

Chapter 9 Time Travel To the Present

Try this now! This may be the single most important technique you learn in the entire book.

Time Travel To The Present:

Pre-flight: Physiology

1. Breathe in deeply through your nose
2. Notice your entire body
3. Hear the sounds
4. Pay attention to your breathing

Pre-flight: Focus (quiet the noise)

1. Turn off the rear-screen movie showing thoughts of the past
2. Turn off the front-screen movie showing thoughts of the future
3. Arrive. Remind yourself that you are just a person sitting/standing/walking—you're not your resumé or your agenda
4. See your child. Notice your child. Be with your child.

Practice this **every** time you are with your children!

Chapter 10 Not So Fast

Think of one situation where you frequently react to your child's remote control--a situation where you are reacting instead of acting:

1. _____

Now that you are aware of your tendency to be a reactor in that situation, you can proactively prepare to keep your own remote control in the future.

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Note: I've had many parents confess to me after a training that they realized they've been parenting almost entirely as a reactor-- and they were excited to begin parenting as an actor!

Chapter 11 What You Really Long For

What might show up in your day if you chose to be "jolly" all day? Who would you show up as with your kids?

Take a minute and plan a joy moment tomorrow for your kids--maybe something you've never done before. This is ALL about how YOU show up, and not so much about what you do. It does not need to cost money. Be surprising. Be more fun than you've ever been before!

Family Fun Archive:

Grab a notebook or open up a document in your computer and create a Family Fun Archive. Do it now. Just start it now. Do not make this pretty. (You can make it pretty later--the content is what is important now.)

Start jotting down the answers to questions like these:

- What makes your kids laugh? (Do you know? Pay attention to this)
- What are YOUR favorite family memories? Include shared family memories and/or memories with each child.
- What are some of your KIDS' favorite memories? (Find out)

That's a start--get busy!

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More fun:

- Download some old Bill Cosby routines and listen to them with your kids.
- Watch the magic that Dick Van Dyke creates in Chitty Chitty Bang Bang or Mary Poppins--that NEVER gets old!
- Oh, and make sure you sing one of your favorite songs out loud for no apparent reason whatsoever! You'll feel better for doing so!

SHARE YOUR STORIES:

Do you have a Lemons-to-Lemonade story? Or a Find-the-Fun Story?

We would love to hear them! Share them with us here here:

<http://www.resetology.com/book/submit-your-story/>

Chapter 12 Repair and Restore

Make no mistake, repairing and restoring is an ongoing, never-ending practice.

Consider the current balance in your child's Positive Relationship Savings Account. Is it increasing right now? If not, what can you do to repair and restore it? Please do not brush this off--is there anything you need to apologize for, or ask forgiveness for? Every parent screws up, but the good parents fix it when they do. [Note: if there is a serious situation please seek professional help]

Are there any regrets that you could begin to repair by planning and gifting your child with a well-planned and humble intentional apology?

Restoring:

Commit to learning at least one Smile Resetter, then share it with your child!

Be Present when with your child.

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Be Present when with your child.

Be Present when with your child.

Listen. Listen. Love. Love.

Increase you. Decrease me.

CLOSING

Chapter 13 Can a Joke Really Change a Life?

As you are you already know from the book, I'm a big fan of corny jokes. And I think corny jokes are actually more powerful than sophisticated ones in creating bonds.

If you know a good corny joke, please share it with us. Better yet, share it with your kids!

You can find good corny Third-grade jokes here:

http://www.publicradio.org/applications/formbuilder/projects/joke_machine/joke_page.php?joke_cat=Third%20Grader%20Jokes

I am truly honored that you allowed me to be a part of this journey with you! Let's keep the journey going! LOTS more at:

www.Resetology.com

I wish you more love and more laughter!

Jim