



### 21<sup>ST</sup> CENTURY RELATIONSHIPS

#### Chapter Descriptions

*For clarity's sake, not all citations are listed in the chapter descriptions below.  
Sources are referenced in the books.*

#### **Book 1. Intrapersonal Intelligence (AI)**

##### Chapter 1. Description of 21<sup>st</sup> Century Relationships



##### The meaning of this symbol

*21<sup>st</sup> Century Relationships* declares this the universal relationship symbol. It means relationships matter. This hand symbol is sign language for the letter R. Instead of greeting someone with a wave, greet them with this symbol. It says “I care about relationships.” Love and relationships with other people are what makes us the happiest yet most of us can count on one hand the relationships we know that really *are* happy. Satisfying relationships are the reason for our existence.

##### The format

The format of *21<sup>st</sup> Century Relationships* consists of three fundamentals which are progressive, *Intrapersonal Intelligence (AI)*, *Interpersonal Intelligence (EI)*, and *Parental Intelligence (PI)*, books one, two, and three, respectively. You begin with fundamental #1 and continue through fundamental #3. A variety of techniques and skills are offered along the way. Just as the foundation of a house supports the entire structure, fundamentals are the foundation for the comprehension of relationships. Techniques facilitate. They are methods used to understand, develop, and apply fundamentals, skills, and even other techniques. A skill is the ability to do something that comes from training, experience, or practice. Ultimately, skills are what you are striving for. The opposite of a relationship skill is a relationship handicap.

##### Definitions of fundamentals, techniques, and skills

**fundamental: noun.** *basic; a principle serving as a basis.* **fundamental: adj.** *of or forming a foundation or basis; basic; essential.*

**technique: noun.** *method of execution; a way of acting or proceeding; manner.*

**skill: noun.** *expertness; aptitude; power to discern and execute; great ability or proficiency.*

The fundamentals are progressive because until you understand your own behavior you will have a difficult time relating to others, and, as parenting expert Doctor D. Ross Campbell observed, we cannot teach our children until we have taken in the lessons and been transformed by them. Included throughout the book are twenty self-knowledge and compatibility assessments to assist you in determining your *intrapersonal* intelligence (AI), your *interpersonal* intelligence (EI), and your *parental* intelligence (PI). These self-assessments will give you an indication of how well you know yourself, assist you in making more satisfying and fulfilling relationship choices with others, and offer you methods of how to meet your children's emotional and developmental needs. They will also provide you an indication of your overall relationship quotient (RQ).

### Chapter 2. Introduction

#### *Are you satisfied with your life?*

What country do you think has the happiest people? It's not America. The 2016 *World Happiness Report* published annually by the United Nations shows that the United States, the country with "the pursuit of happiness" built into its Declaration of Independence, was number thirteen. The 2020 report ranked cities' happiness around the world. The highest-ranking American city was Washington at eighteen. We have one of the highest divorce rates in the world and research indicates that half of the people still married are unhappy. Since the 1980's empathy skills have dropped almost 50 percent in young people and narcissism has increased twofold. The diagnosis of anxiety disorders, depression, and attention disorders have skyrocketed. Unhappiness in America is an epidemic.

Is the pursuit of happiness even a worthy goal? Clinical Psychologist Dr. John Townsend believes "Happiness is a valuable experience, but it is a miserable goal" and to reach your most important goals in life you will have to experience unhappiness. Perhaps the "pursuit of happiness" is one of the reasons we have so many unhappy people in America. The Satisfaction with Life Scale assessment in this chapter developed by Ed Diener, Robert Emmons, Randy Larsen, and Sharon Griffin will give you an indication of how satisfied you are with your life.

#### *Do you know who you are? Who am I exercise.*

Do you know yourself? World-renowned psychiatrist Dr. William Glasser observed that "*Most of us know nothing about our basic needs. What we know is how we feel and we always want to feel as good as we can.*" Alfred Adler, one of the founders of modern psychotherapy, noted that "*The hardest thing for human beings to do is to know themselves and to change themselves.*" and "*The ability to know ourselves increases with our ability to determine the origins of our actions and the dynamics of our minds.*" That's what fundamental number one is all about – understanding ourselves in order to improve our relationships. The fifty questions in the Who am I questionnaire are designed to give you an initial indication of how well you know yourself.

#### *Who am I exercise answer key.*

After checking your answers what percent did you know the answers for? For the ones you missed do you think Adler was right? Will it be difficult for you to change in order to have better relationships? There is no shame in not knowing some of these answers because relationship education is not a value

in our society. As the Greek philosopher Socrates said, “True wisdom comes to each of us when we realize how little we understand about life, ourselves, and the world around us.” This chapter also offers an assessment to gauge your self-esteem.

### How do you learn?

Determine your primary learning style. If you decide to make some changes what is the best way to go about learning? Did you know that each of us has a primary learning style that is either visual (using your eyes and your sense of sight), auditory (using your ears and your sense of hearing), or tactile and kinesthetic (learning by doing, experiencing, and feeling)? Discover your primary learning style with this short assessment and learn how to use it to your best advantage.

### Chapter 3. What is Love?

Aristotle believed that the beginning of wisdom is the definition of terms, and in our society the word love is very poorly defined. In the popular movie, *Forest Gump*, Forest remarked “I’m not a smart man but I know what love is.” Does he, really? Do you? Can you put it into words? Doctors Les and Leslie Parrott, co-directors of the Center for Relationship Development at Seattle Pacific University noted that each of us have our own definition of love, even if we’ve never articulated it. In fact, *21<sup>st</sup> Century Relationships* research has identified over 2,000 definitions for the word love, and over 1,000 of those are from credible relationship educators! This means that when you say “I love you” to someone they likely have a totally different definition for love than you do.

Emmy winning children’s advocate Fred Rogers believed that understanding love is one of the hardest things in the world. We have more words in the English language describing water than we do for love. Water can be rivers, streams, oceans, tributaries, ponds, seas, lakes, rain, sprinkle, reservoirs, puddles, channel, trench, canal, waterway, aqueduct, mist, condensation, distillation, fog, humidity, aqua, drink, steam, saliva, tears, waterfalls, flood, H<sub>2</sub>O, snow, and ice. These are all synonyms for different types of water. Eskimos have over fifty words to describe snow and The Sami people, who live in the northern tips of Scandinavia and Russia, use at least 180 words related to snow and ice. In America, we don’t have universal definitions for different types of love that we all agree upon and understand although love is just as important to our existence as water.

This chapter addresses questions like, “What are some of the definitions for the word love?”, “Is love the opposite of hate?”, “Do we *fall in love*?” (Personally, falling in love is my least favorite term.) “Is there a difference between loving someone and being *in* love with someone?”, “What is true love?”, “Is love blind?”, “Is there such a thing as love at first sight?”, “What does ‘I love you with all my heart’ mean?” (there is actually no scientific evidence that shows love comes from the heart), “Is love a thought, a feeling, or an action?”, and “Should love be tough?” A definition of unconditional love from a leading expert is offered in this chapter that works in *all* relationships.

This chapter explores the polysemy of the word love and proposes that we develop a New Dictionary of Love with new words and more precise definitions. Would you like to help? You can provide your input. Just click on the New Dictionary of Love tab on the *21<sup>st</sup> Century Relationships* website.

### Chapter 4. Your Relationship Behavior: *Your thoughts, feelings, and actions (your TFA's)*.

Do you know what your total behavior consists of? It is your thoughts, your feelings, your actions, and your physiology. In this book our thoughts, feelings, and actions are termed our relationship behavior and although it may not feel like it at times, we *can* control all three, even the way we feel. Yes, we *can* control our feelings and emotions instead of allowing them to control us. Do you know what your personality is? It is also your thoughts, your feelings, and your actions. Do you know the difference between feelings, emotions, and moods? You have literally thousands of them every day. Do you know what your six primary emotions are or what your “learning emotions” are? Did you know that recent neuroscience research shows that if you change your behavior the actual physical configuration of your brain, like Play-Doh, will also change? It’s called neuroplasticity and it means you can rewire your brain for better relationships.

Some of the techniques offered in this chapter include reframing (a way to turn negative thoughts to positive thoughts), learned optimism (yes, there are times to be pessimistic), how to identify your feelings and emotions, reappraisal, and visual empathy. Several techniques are also offered to assist you in controlling and even changing your feelings. You can also take the Cambridge Behaviour Scale questionnaire which will tell you your EQ (Empathy Quotient). Over the last few decades empathy skills have decreased dramatically in America while relationship handicaps such as narcissism have increased remarkably. Empathy is the E in the EPA of relationships and one of the most valuable relationship skills. To feel better or to stop thinking unpleasant thoughts we have three choices: 1. Change what we want. 2. Change what we are doing, or 3. Both.

### Chapter 5. Anger: The A in the EPA of Relationships

Anger is one of the most important emotions to understand. Aristotle was quoted as saying, “Anyone can become angry - that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way - this is not easy.” Anger is actually a positive emotion – it is a God-given gift. It is only negative when we mis-manage it or express it in a negative way which too many people do too often. Our approaches to handling anger are 100% learned and anyone can learn to express their anger more efficiently. Men have more difficulty dealing with their anger properly than women for neurological, biological, and sociological reasons. A person’s handwriting will reveal some keys to recognizing their aggression and anger. This chapter discusses what anger is, what it is *not*, what to do with it, and why psychologist Dr. Ross Campbell considered it a more pervasive threat than cancer. You can take an anger assessment and an anger attitude quiz to determine your approaches to anger.

### Chapter 6. Your five basic needs: *The motivation for your behavior*.

We are all motivated by five basic needs. Our needs explain our relationship behavior and explains the drives behind our behavior.

### **Your 5 Basic Needs**

- 1. The need to survive and reproduce.  
(water, food, warmth, air, safety, security, and sex)**
- 2. The need to belong – to love, share, and cooperate.**
- 3. The need for power.**
- 4. The need for freedom.**
- 5. The need for fun.**

As Dr. William Glasser observed, when these five are needed by our body we begin the conscious search for what will satisfy these urges. Most of us know very little about our basic needs. All of our relationship behavior – every thought, feeling, and action we experience - functions to fulfill our basic needs. To satisfy our needs we must have good relationships. We have devised ways in our country to make water, warmth, air, food, safety, and security fairly easy to attain but statistics indicate that we have not found a way to satisfy our sexual need that does not conflict with our social, religious, and legal norms, values, and laws. Power is the P in the EPA of Relationships (one of three very important ingredients for relationship success or failure), and unfortunately, too many people define power as the ability to control or coerce someone else in order to get what they want. This type of power is intoxicating and the United States can be a temple of intoxication. This strong allure for power may get us what we want but it absolutely destroys relationships. Our needs can be met in a healthy way without harming ourselves or others. Assessments in this chapter include how to assess and then profile your basic needs strengths, and how to know if you are misusing your basic need for power in an attempt to control others (if you are a “controller”). Dr’s Cloud and Townsend’s technique of boundaries is presented which shows you how to set your boundaries on other’s controlling behavior.

The best relationships share:

- \* An average need for survival.
- \* A high need for love and belonging.
- \* Low needs for power and freedom.
- \* A high need for fun.

### Chapter 7. Getting Healthy and Staying Healthy.

One thing is certain: *We are no good for others until we are best for ourselves.* If we are not healthy, we are not best for ourselves. Sadly, many people in America do not do what they need to do to become healthy and then to stay healthy because they have never learned how. Obesity is an example. America has long been the most obese country in the world while at the same time we spend more money on health care than any other nation. Our present system could be more accurately described as a sick-care system than a health-care system. Obesity is considered an epidemic, a national crisis and is the result of overeating. Just like any other addiction, people overeat because of emotional reasons, not

because they are hungry. It is common, serious, costly, and prevents healthy relationships. Giving yourself a gift of relationship education and then applying what you learn to your life will make you healthier. In this chapter you will learn how to take care of yourself better by being introduced to the Blue Zones (where the healthiest people in the world live and what their habits are) and to Dr. Daniel and Tana Amen's Brain Warrior's Way to Health. A BMI assessment is offered to determine your Body Mass Index which will tell you if you are overweight or obese.

### Chapter 8. Conclusion: *Success stories of people who know themselves.*

Knowing yourself means being the right person. Dr. Mehmet Oz (Dr. Oz) said it well in an interview with eHarmony. He was asked, "How do you know if someone is THE ONE?" His response was, "You don't, and you shouldn't focus on that. Instead focus on whether you are THE ONE." Many of the great classic comedians like Jay Leno, Don Rickles, Bob Newhart, and Bob Hope have one not-so-obvious thing in common besides their ability to make us laugh. They have the longest marriages. Jay's wife Mavis shared the following in a 2009 interview with The Los Angeles Times, "People always say, 'Work on a marriage'. I think if you work on knowing your own faults and try to correct them, you're not going to have to work on your marriage. The whole thing is simple. Pick the right person; be the right person." In this chapter I share my conversations with Jay Leno and his philosophy on how he has stayed successfully married to Mavis for thirty-eight years. Next, we discuss how to choose the right person.

## **Book 2. Interpersonal Intelligence (EI)**

### Chapter 1. Introduction: *The prevalent recipe for marital happiness and the common cycle of relationships: What we want in a relationship and what we get in a relationship (what actually happens).*

Our recipe for marital happiness prevails in most contemporary western countries but nowhere else in the world has the same recipe. When we look at the historical record around the world, the customs of modern America and Western Europe are exotic and exceptional. To live happily ever after is what we *want* in a relationship but it is not what we *get*. What we get is actually a cycle of flirting, dating, "falling" in love, marrying, having children, adultery, divorce and then starting the cycle all over again as we seek another relationship. Anthropologists refer to it as "serial monogamy." As William Lederer and Dr. Don Jackson observed, "Marriage today, by and large, is a disappointment. The marriage process in America is ailing."

### Chapter 2. How our Culture Causes Relationships to be Difficult.

Our culture is beneficial to us in many ways, but it is not designed for satisfying and fulfilling relationships. There are characteristics about our society that can actually cause us relationship difficulties if we practice them in our daily life. In this chapter we look at four of the reasons why our cultural norms can cause our relationships to be difficult.



### 1. Our Individualistic Culture.

The United States is an “individualistic culture” as opposed to a “collectivist culture”. In an individualist culture, individual goals are more important than group or societal goals. People from individualistic cultures have lower empathy skills than people from collectivist cultures. Individualism is the American culture. Competition and striving to be number one are part of what defines being an American. When an individualistic approach is used in relationships the probability of difficulties and eventual failure is extremely high. An individualist culture is an “I” culture. Relationships are a “we” situation.

### 2. Our Conflict-As-Opportunity Culture and Our Argument Culture.

Scholars have identified the United States as a “conflict-as-opportunity” culture as opposed to a “conflict-as-destructive” culture. Conflict-as-opportunity cultures tend to be individualistic and view conflict as an opportunity. However, conflict is among the most common causes of long-term severe suffering. There are several ways we approach conflict in America but the most effective one, collaboration, is rarely used and becoming a dying art. Presented in this chapter are two collaborative techniques for resolving conflict from William Wilmot & Joyce Hockers and from Rudolf Dreikurs. Dr. Deborah Tannen of Georgetown University found that America is an argument culture which urges us to approach the world – and the people in it – in an adversarial frame of mind. It rests on the assumption that opposition is the best way to get anything done. This creates a pervasive warlike atmosphere that makes us approach just about anything as if it were a fight. Dr. John Gottman’s research found that marital therapies based on conflict resolution have:

1. High relapse rate.
2. 35% success rate.
3. After one year only 18% of couples retain any benefits.

Respectful disagreements *are* possible. Relationship education is preventive, not prescriptive. It can prevent problems from occurring thereby making therapy totally unnecessary.

### 3. Social Exchange Theories.

Social exchange theories propose that you will feel drawn to those you see as offering substantial benefits (things you like and want) with few associated costs (things demanded of you in return). *In simple terms, you’re attracted to people who can give you what you want and who offer better rewards than others.* Rather than entering a relationship with a mindset of giving we enter a relationship asking what we are going to get. We ask, “What’s in it for me”, instead of “What can I offer you?” Chapter fourteen addresses social exchange theories and offers an alternative method to produce healthier relationships.

### 4. Our Appearance Culture.

We live in an appearance culture, a society that values and reinforces extreme, unrealistic ideals of beauty and body shape. Appearance is far and away the most sought-after quality today. Of course, we should not forget that the divorce-separation rate in our country is well above 60 percent. If appearance is the quality usually identified as most important, then we should be extremely skeptical about its value because of this incredible failure rate. Society’s obsession with image is absurd. The result of an appearance culture is low self-esteem, depression, self-destructive behaviors such as eating disorders,

and narcissism, and the level of narcissism has increased twofold in the U.S. since the 1980's. Narcissism is a significant relationship handicap, and like opioid addiction, is now considered an epidemic in our country. In this chapter you can learn what narcissism is, how to recognize it, and take an assessment to find out where you measure on the Narcissistic Personality Inventory (NPI).

### Chapter 3. Choosing a Partner.

This chapter:

- Discusses five reasons we are drawn to someone.
- Gives five reasons why we make choices that don't work.
- Presents two of the major reasons we make relationship choices that do work.
- Gives six guidelines for choosing a partner.

### Chapter 4. Nonverbal Ways to Help You Make Good Choices: *Reading people using Birth Order and Handwriting Analysis.*

*This is one of the most popular, most useful, and most fun chapters in this book.* By knowing someone's birth order (first-born, middle-born, or last-born) and seeing a sample of their handwriting you can know volumes about them without knowing them or even meeting them. Birth order characteristics as well as which birth orders are the best matches for you are identified along with over 100 handwriting personality characteristics. For example, are they honest, controlling, cruel, impulsive, insecure, perfectionists, procrastinators? By utilizing the techniques in this chapter and the accompanying index, you will be able to do a very accurate personality assessment of someone and be able to recognize and predict someone's thoughts, feelings, and actions with a high degree of accuracy, including President Donald Trump. Graphology can have a profound impact in seven major areas: psychology, social work, medicine, education, business, personal uses, and crime solving. It is also a powerful method to change yourself. Just because a certain undesirable personality characteristic shows up in your handwriting does not mean you are cursed with that relationship handicap for the rest of your life because if you change your handwriting, your behavior will actually change.

### Chapter 5. The Strength of Your Current Relationship: *Maintenance strategies and three easy-to-remember axioms.*

This chapter:

- Offers two assessments to determine how strong your current relationship is.
- Presents four maintenance strategies (techniques) you can use to keep your relationships strong and healthy.
- Offers an assessment to determine if there is too much criticism in your current relationship.
- Presents three easy-to-remember axioms you can use on a daily basis to keep your current relationships strong and healthy.



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### Chapter 6. Conclusion: *Two essential relationship philosophies.*

#### Choice Theory (Dr. William Glasser)

The biggest reason so many people are unhappy in their relationships is because of their misuse of their need for power— to literally try to force someone to do what they want them to do. It is estimated that ninety percent of us use methods to attempt to control the way others think, feel, and act when in reality the only person’s behavior we can control is our own. Choice theory is a method to replace the external control methods 90% of us use that just don’t work in our quest for satisfying relationships. This chapter presents the ten axioms of choice theory.

#### Gemeinschaftsgefuehl

Our standard approach to relationships is flawed for success. One of the biggest mistakes we often make when entering a new relationship is asking questions like, “If I enter into a relationship with this person, what am I going to get out of it?” Questions like this are the wrong questions to ask if a satisfying and fulfilling relationship is the goal. The best question to ask is, “What can I do to contribute to this person’s life?” Successful relationships are primarily about what we give, not what we get. Giving often means caring for the top needs of your mate.

In Adlerian psychology, Gemeinschaftsgefuehl refers to a community feeling or social interest. Is our goal-striving (striving for significance, completion, success, meaningfulness, preservation, etc.) pro-social or self-centered? Do we contribute by our behavior or do we exploit others? John Helliwell of the University of British Columbia examined survey data that represents 90% of the world population and found that countries with the most generous people also tend to be the happiest.

### **Book 3. Parental Intelligence (PI)**

This book is about your relationship with your children and is titled *21<sup>st</sup> Century Parenting*. It explains how to transition from a behavior-based approach to a needs-based approach to parenting, so your child feels unconditionally loved, develops primary inner happiness, and does not become yoked to their secondary happiness of getting what they want. Parenting methods are the root of almost all relationship behavior.

#### Chapter 1. Introduction. *What’s love got to do with It? Test your 21<sup>st</sup> Century Parenting*

##### Knowledge.

##### *What’s love got to do with it?*

Does your child feel loved? Doctor William Glasser believed that failure at love may top the list of human misery. A lack of love is not what usually destroys relationships, but a lack of *unconditional love* is a root cause of almost all relationship difficulties. In fact, research and evidence suggests that as many as 90% of us were not unconditionally loved nor do we love our children unconditionally. When a child is loved conditionally instead of unconditionally, they do not develop primary inner happiness and they remain yoked to their secondary happiness of getting what they want. It’s not that we don’t love our children. We do. But are we loving them unconditionally? A few words from parenting expert, Doctor D. Ross Campbell. “I believe most parents truly love their children. The problem comes in their ability to transmit their heartfelt love to the heart of the child. The message is not coming through. The question before us is whether the children *fully receive* the love that is there. Has your

child received the profound message that you love her absolutely, unconditionally, and permanently?” When we attempt to control a child’s behavior instead of focusing on their emotional and developmental needs we are loving conditionally.

### Test your 21<sup>st</sup> Century Parenting knowledge

Answer twenty myth or truth questions to get a preview of what *21<sup>st</sup> Century Parenting* is all about. For example: As a parent, the #1 rule is to make sure your child obeys the rules. Myth or Truth? The best help you can give your child is to allow them to experience the natural consequences of their actions. Myth or Truth? Discipline = punishment. Myth or Truth?

### Chapter 2. Why 21<sup>st</sup> Century Parenting is Needed: Quotes from the experts: Why punishment and rewards don't work.

Dr. Thomas Gordon, author of *Parent Effectiveness Training* and three-time Nobel peace prize nominee observed that, “Unlike almost all other institutions of society, the parent-child relationship seems to have remained unchanged. Parents depend on methods used two thousand years ago!” Most parents have had very little, or no formal training on how to parent. This chapter looks at some of the statistics that support Dr. Gordon’s observation which are some of the results of our current parenting methods. Here are just a few examples. By the age of eighteen 1 in 4 women and 1 in 6 men will have experienced some form of sexual abuse. There have been nearly 17,000 victims of clergy sexual abuse in the Catholic Church since 1950 and legal settlements for their suffering continue to climb. The latest tallies as of 2012 show that there are more than 6,905 accused priests since 1950. 1 in 4 high school seniors and 1 in 5 tenth graders binge drink. The World Health Organization predicts teen depression to double by 2020. America leads the industrialized nations in “fatherlessness”. More than 90% of parents’ report having physically punished their toddlers. The CDC (Centers for Disease Control and Prevention) reports that childhood obesity has more than doubled in children and tripled in adolescents in the past thirty years. These are just some of the timely statistics that are the results of our current parenting methods. Research shows there is a new more effective way to parent– a way to parent without using punishment and rewards. You *can* become an expert.

In this chapter are over thirty quotes from seventeen notable parenting experts that illustrate the importance of a needs-based approach to parenting as opposed to a behavior-based approach. Two examples are: “Your primary goal is not to get your child to obey, but to allow your child the freedom to discover that he prefers to be guided by sensible rules because he feels happier that way.” (Doctor Martha Heineman Pieper and Doctor William J. Pieper). “I am now convinced that adolescents do not rebel against their parents. They rebel against certain destructive methods of discipline almost universally employed by parents. (Dr. Thomas Gordon).

### Chapter 3. Two Unique Fundamentals About Children. (From Dr. D. Ross Campbell)

*The relationship fundamentals presented previously apply to children as well as adults, but children also have some unique fundamentals of their own.*

Fundamental #1: Children are visual and behavioral.

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While we as parents are primarily verbal creatures our children are visual and behavioral. They need to see and experience our love by our loving actions.

Fundamental #2: A child has four emotional and developmental needs

Need #1. The need for love.

Need #2. The need for discipline.

Need #3. The need for security.

Need #4. The need for guidance, especially guidance in managing anger.

Chapter 4. Two More Unique Fundamentals About Children: *Four useful parenting techniques.*

*Two easy-to-remember axioms to follow.* (From Dr. D. Ross Campbell)

Fundamental #3. Children Have Two Profound Fears.

Fear #1. Unmet emotional needs (an empty love tank).

Fear #2. Parental anger.

Fundamental #4: Instill Primary Happiness in Your Child. (Dr. Martha and Dr. William Pieper)

Primary happiness is the inner well-being that stems from a child's certain knowledge that they are causing their parents to respond lovingly to their emotional and developmental needs.

Four Useful Parenting Techniques

Technique #1: TO-FOR-WITH (Dr. William Glasser)

We often do too much either *to* or *for* our children, but we don't do enough things *with* our children.

Technique #2: T-I-M-E. (Dr. D. Ross Campbell)

Children have a four-letter word and it is spelled T-I-M-E. *Time itself is what children crave; time with you.*

Technique #3: Birth Order. (Dr. Kevin Leman)

Knowing some characteristics of your child's birth order is a valuable technique for understanding why you parent the way you do and why your children behave the way they do.

Technique #4: T.O.'s (Dr. D. Ross Campbell)

T.O.'s are recognizing Teaching Opportunities and calling a Time-Out (on yourself).

Two Axioms to Follow

These two axioms, also presented previously, work exceptionally well with children.

Axiom #1: When in doubt, connect. (Dr. Henry Cloud and Dr. John Townsend)

Axiom #2: Don't do anything that you believe will increase the distance between you and your child. (Dr. William Glasser)

Chapter 5. Four Areas Where 21<sup>st</sup> Century Relationships and 21<sup>st</sup> Century Parenting Methods are Working. *These four areas produce the happiest people, and the happiest kids, on the planet. Love has everything to do with it.*

1. The United States: Quality Schools.

There are schools in America and five other countries that practice Choice Theory in the classroom.

They are designated "Quality Schools". Both students and teachers use Choice Theory to reach a common ground in establishing a supportive, caring environment and in building healthy relationships that contribute to school success. A Glasser Quality Classroom is a joyful place where a positive,

trusting, supportive learning & working environment is created & maintained. Joy and trust are characteristics of Glasser Quality Schools. Connecting/Caring/Helping/Team Building Habits are emphasized and practiced, and Disconnecting/Deadly/Hurting/Team Breaking Habits are discouraged. A basic premise of Quality Schools is that successful teaching is based on strong relationships.

### 2. The Netherlands: Dutch Parents Produce the Happiest Kids in the World.

A 2013 UNICEF (The United Nations Children’s Fund) rated Dutch children the happiest in the world. They rank number one. According to researchers, Dutch kids are ahead of their peers in childhood well-being when compared with twenty-nine of the world’s richest industrialized countries. The U.S. ranked twenty-sixth, just above Lithuania, Latvia, and Romania – the three poorest countries in the survey. Dutch parenting experts chiefly recommend that adults set a good example so that their child will copy them. Happy parents have happy kids.

### 3. Denmark: The Danish Way of Parenting.

In the 2016 report by the OECD (Organization for Economic Cooperation and Development), Denmark, a small country in the north of Europe, was voted as having the happiest people in the world almost every year since 1973. That’s more than forty years in a row. The 2016 *World Happiness Report* that was launched by the United Nations has seen Denmark top the list every year since its inception in 2012. The United States, the country with “the pursuit of happiness” built into its Declaration of Independence, wasn’t even in the top ten. The reason Danes (people from Denmark are referred to as Danes or Danish) are so happy is, quite simply, their upbringing. The Danish philosophy behind parenting and their way of raising children yields some pretty powerful results. It’s generational - happy kids grow up to be happy adults who raise happy kids, and so on.

### 4. The Blue Zones

Blue Zones are communities where common elements of lifestyle, diet, and outlook have led to an amazing quantity - and quantity - of life. In conjunction with the National Institute on Aging and top researchers in the field, Dan Buettner shares what he found in four of the world’s Blue Zones: Denmark’s Jutland Peninsula, the island nation of Singapore, the Mexican state of Nuevo Leon, and San Luis Obispo/Loma Linda, California. His extensive study uncovers how *these people manage to live longer and better - and it’s not through pills, surgery, or medications*. Their health is rooted in the everyday things they do: the food they eat, the company they keep, and their very perspectives on life. A detailed explanation of The Blue Zones is shown in chapter seven.

### Love has everything to do with it

All four of these areas practice the *21<sup>st</sup> Century Relationships* principles presented in these books. The irony of all this is that, as nebulous as the word “love” is, it is the most important concept to understand and implement in order to have satisfying and fulfilling relationships with our children. As Rebecca Eanes, author of *Positive Parenting* observes, “Many of us have learned to offer only conditional love. The goal is emotionally healthy children, and unconditional love is crucial to emotional health and positive self-worth.” Loving unconditionally is a learned endeavor, and unfortunately, most of us were not unconditionally loved. Love has to be exhibited by actions, not just words.