

BEAUTIFUL SAVIOR
LUTHERAN SCHOOL
PRESENTS:
PEARLS OF LOVE AND LOGIC
Special Thoughts on Raising Kids

The “Quick-Fix” Attitude

Children are bombarded, at an early age, by television ads and sitcoms that imply there are magic solutions to all of life’s problems. Unfortunately this is not the case. However, this “quick-fix” attitude has prompted children to believe there’s always an easier way. Such an attitude can influence the way we see our “self-movies.”

Self-Movies

Our subconscious mind functions much like a video player. When a friend calls and says, “Let’s go skiing,” a little movie flashes through our head. This is called a self-movie. We either see a positive self-movie - we picture ourselves being successful and having a good time. Or we see a negative self-movie - we picture ourselves making constant mistakes and falling on the ski slopes. The movie we see actually determines whether or not we go skiing.

The same thing happens when children are asked to do a school assignment. A movie plays about their possible success or failure. Children who see themselves doing well and feeling good about the assignment are willing to try. Those who see a negative self-movie appear as if they don’t care about success. This is their protective shield, but it looks like an attitude problem.

Children who frequently see negative self-movies are easily discouraged. They begin to see more negative self-movies as opposed to positive self-movies showing success and good feelings. These children become less willing to risk. They are often the ones who live lives in which they aren’t required to earn things they want, don’t have to make frequent struggles to accomplish chores. They watch lots of examples of magic solutions on television. These are the kids who are victims of the “Quick-Fix Attitude.”

Changing the Movie

This self-movie can gradually change from negative to positive. Here’s how:

Limit criticism - Children who live with critical parents soon take over the criticism for themselves. Many adults in therapy talk about how their parents were always correcting them when they were children. Most say at one point in their lives they started to hear their own voice doing the same thing, “I never do anything right.” “I’m so slow.” “I know I can’t do it.” “I’m so dumb.” People like this are constantly seeing negative self-movies and are afraid to try anything new.

Make it safe to take a risk - Children who feel safer about taking risks have overheard their parents talking with each other saying, “I’m so glad I tried that. I felt foolish at first but I had a great time. I’m so glad I don’t have to be perfect the first time to have a good time.” This parent is a good model who knows their children learn from what they see, not what they are told.

Support new activities - Do all you can, without being pushy, to encourage children to experiment with new activities. Many people never discover their hidden talents because they are afraid to try.

It’s also important that children hear enthusiastic statements from their parents when they put out the effort to try something new, even in the face of a negative self-movie. Children need to hear, “I bet you feel proud that you tried it anyway!”

***Self-Movies Can Gradually Change
From Negative to Positive***