

# Learning The Model

## **The Model**

Your experience of your home life is the result of your thinking. You have thoughts about your husband, your kids, their future, yourself as a mom, and your family as a whole. You must understand your thinking if you want to change your family life.

## **Unintentional Model**

Circumstance: Husband says, "Why would you think that's okay?"

Thought: He's hurting the kids.

Feeling: Angry

Action: You yell at your husband, model anger in front of the kids, create disconnection between you and husband, create disconnection with kids, don't learn what husband is thinking or what kids are thinking.

Result: You hurt your husband, the kids, and yourself.

## **Intentional Model**

Circumstance: Husband says, "Why would you think that's okay!"

Thought: God chose this man to be her father.

Feeling: Trusting

Action: Watch interaction, ask husband to talk about it later, affirm kiddo later, brainstorm some training you could do to prevent this in the future.

Result: You choose your husband.

God chose you to be this man's wife. God chose you to be their mom.

# The Model

You're going to learn The Model and it has the power to radically change your life. This is the exact tool Catholic moms in my program use to become the peace centers in their homes.

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## Intentional Model

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# Your Thoughts...

**When your husband is yelling... about your husband:**

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**When your husband is yelling... about your kids:**

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**When your husband is yelling... about you as a wife:**

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**When your husband is yelling... about you as a mom:**

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**When your husband is yelling... about your family:**

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