



## ***FAMILY BUSINESS - BEING ACCOUNTABLE FOR YOUR ACTIONS AND WORDS***

*All too often we hear and see a member of a family blame someone else in their inner sanctum for what they themselves have done or said.*

*This article draws from both my books, **No Boxing Allowed** and **From PMS to PMA** as the topics below are more than just about using personal power in a constructive and positive way, they are about how to recognize and take corrective action regarding abusive, violent, controlling and/or dysfunctional family relationships.*

***The Criticality of Sound, Loving and Positive Parenting*** – *I think we all appreciate that parenting has its challenges. Certainly parenting is a huge responsibility that not all parents take seriously enough and as a result their children grow up learning values, behaviors and attitudes that are not the best. When I think of what makes a fine parent I think of (in no particular order) honesty, care, compassion, protection, tolerance, forgiveness, unconditional love, patience, understanding, integrity, giving, sharing, loyalty and trust. All of these things are critical to not only teach your children but also demonstrate or 'live' every day.*

*When I see a parent or child behaving in a grossly inappropriate manner, my first thought is how great it would be if people had to undergo some form of pre-qualifying test before being able to bring a child into the world and raise that child to become a functioning and contributing adult. However ideal most of us know this scenario could be, the challenge arises in defining the pre-qualifying attributes that would be acceptable in all societies and cultures around the globe. While we, ideally, value diversity, it is in the realm of parenting that our world could best benefit from consistency and diligence to achieve 'best case' results.*

*I sat next to an older-than-me man on an airline flight just recently. He sneezed forcefully and did not cover his mouth or nose. Nor did he apologize for his actions. He appeared to be totally oblivious to the negative impact he was having on those around him and the unhealthiness of his actions (or in this case, inaction in not covering his nose and mouth). I travel to countries and also see in airports everywhere I go, the varying standards used in raising children.....for it is this range of standards that is demonstrated not only by the children but by the adults, every day, all day.*

*If you know that:*

- *your skills as a parent are lacking,*
- *you're not happy in yourself about being a parent, or harbor any other negative emotions;*

- *you carry emotional baggage that you can't seem to break free from; and/or*
- *you've done all that you can to teach but your child(ren) still act up*

*then you owe it to your child(ren), yourself, your partner, other members of your family, and the rest of humanity, to find the right help to overcome those negatives and make things better. As I explain in my books, the karmic responsibilities to make right any wrongs fall to the parent, not the child(ren). After all the child(ren) had no say in being conceived or born and they have the right (as an equal human being to any on this planet) to have the best possible upbringing and life.*

*In respect of being a loving parent, I do not advocate that parents adopt neither the suffocating love stance, nor the 'tough love' stance. I am an adult who, despite being raised in a very 'tough love' home environment, managed to completely repair from the damage done by physical and emotional distance and isolation, lack of emotional attachment, and what I always considered extreme disciplinarian style parenting. Interestingly, it was once I became a parent myself working hard every day not to repeat my parents' mistakes, that one of my parents suddenly became suffocatingly clingy and loving. Was that their way of making up for the wrongs of my childhood? I will never know and, in reality, it really doesn't matter as I evolved into the parent that I am through these experiences, and have long since let go of the need to find answers. My parents' karmic lessons are theirs to learn, not mine, and they would either have learned those lessons by now, or will in a future lifetime.*

*We also know that loving parenting has varying connotations and each child responds differently to the same stimuli. So how do we know what is right, what is enough and what is too much?*

*My best answer for you is - become and stay informed by reliable and trustworthy sources, stay positive while you're learning, remain focused on both the immediate and long term results that you wish to achieve, and then apply what you've learned and understood in a structured, consistent, constructive and calm manner. Always allow your child(ren) time to learn at their own pace. Where possible and practicable, stay 'present' with them as much as possible every day (physically, mentally, emotionally and spiritually). Without doubt, 'own' the responsibility and accountability you have as their parent. And most importantly never abandon them. You may have to leave them for a while temporarily, but abandoning a child (at any time in their life) is probably one of the cruelest things you could ever do. To abandon a child is a negative use of your personal, and positional power, and that action will come back to you as a karmic lesson at some point in the future.*

*In all aspects of parenting remember that the selflessness, goodness and positive you put out to and give your child(ren) will come back to you at least tenfold. The positive will always come back to you at a time in the future when you need or deserve it most. Goodness will always beget goodness, and positive will create positive.*

***Domestic violence – don't suffer it, change it*** – of all the emotive topics in the world, domestic violence is perhaps the one that is least talked about in private or public, reported to authorities, likely to make the headlines unless it involves death or near death outcomes, and learned from at both a family and societal level. And of course its ugly head comes in many forms – spousal abuse, child

*abuse, sibling/other relative abuse, elder abuse, uncontrolled and destructive behaviors that result in damage to person or property, and so on.*

*In **From PMS to PMA** I am transparent (no pun intended) about my personal experiences in family and other close domestic relationships. That book contains specific sections regarding recognizing the signs of manipulative, controlling and abusive relationships and also about what to do to change things for the better. Aside from childhood sexual abuse, I've experienced the lot so one can understand why this topic is SO important to me in promoting and advocating for "prevention before cure".*

*There is NO excuse (called reasons by so many) that justifies intentional harm being done by one human being to another. No excuse. Not on any scale or at any time.*

*If you are reading this and you know you are the perpetrator, then you have the power to make things right, correct your behaviors and attitudes, and never repeat the same mistake again. If you are the recipient (and I do not mean the victim – see below), then you have the personal power to make changes that minimize future risk(s), speak up, challenge the perpetrator, and shine the light on wrongdoing. And if you are the parent or carer responsible for the safety, health and wellbeing of a child and/or others unable to directly control their own outcomes, then you have an obligation, both moral and legal, not to endanger or compromise that person or persons by your words, actions or inactions.*

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***Perpetuating the victim mindset and its negative repercussions** – in **No Boxing Allowed** I explain mindsets in quite a level of detail, empower readers to determine what mindset they currently hold, and provide strategies for changing to a positive mindset if they are negative thinkers. A victim mindset is a choice, always. It comes from the recipient harboring a negative mindset and equates to their not taking control, where they are able, of their outcomes in life. To stay in victim mode, always looking for someone else to make things right or for someone to blame year in year out, really undermines each human's innate personal power to change their life for a better outcome, within their means.*

***The Author – Nola Hennessy:***

*Nola is Founder and CEO/Managing Director of this global consultancy and a multi award-winning author of non-fiction works that inspire and teach others to be the best they can be. Nola is also a qualified Clinical Hypnotherapist and former clinic-based, nationally accredited Natural Therapist and Internationally-Certified Infant Massage Instructor; mother of a well-adjusted, happy, mature and responsible 29 year old son; former step-mother to two, now deceased, children born in 1970 and 1972; former senior leader in the Australian government health sector; and award-winning work health and safety expert practitioner.*

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