

Sample worksheet for “packing light” - with a child (support for using Tool #3)

A hope/wish in my backpack right now (use Tool #1 to help choose just one):

*I want my child to have real friends who will like them as they are.*

Why do I want to do this?

Top three reasons:	Selfish (hidden agenda) reasons:
<ol style="list-style-type: none"> <li>1. My child is awesome and deserves great friends.</li> <li>2. My child is lonely because of their uniqueness.</li> <li>3. My child has lots to give others and is currently not recognized for the special person they are.</li> </ol>	<ol style="list-style-type: none"> <li>1. I am worried my child will not have good social skills.</li> <li>2. I hate when my child cries or is miserable because of being rejected.</li> <li>3. I am worried my child will end up in the basement because of having no friends and no social circle.</li> <li>4. What if my child never finds anyone they can relate with? I can't be my child's best friend!</li> </ol>

Factors

God factors	Other People factors	Me factors (as the parent)
<ul style="list-style-type: none"> <li>• who is around my child as the “friend pool”</li> <li>• my child’s uniqueness crossed with others’ uniqueness</li> <li>• the nature of human communication being very messy and inaccurate most of the time</li> <li>• time and chance and how people connect</li> </ul>	<ul style="list-style-type: none"> <li>• some kids are cruel</li> <li>• some kids are kind</li> <li>• some adults are jerks</li> <li>• some adults are great</li> <li>• constraints of school, work, travel, extra-curricular, etc.</li> <li>• rules for behaviour that stifle free expression</li> </ul>	<ul style="list-style-type: none"> <li>• my understanding of what my child wants in a friend</li> <li>• my prejudging of what would be a great friend situation or what it would look like for my child to be in a friendship (based on who I am)</li> <li>• my willingness to reduce barriers to create opportunities for friendships to happen</li> </ul>

Given these factors, what outcome could I work on with *no cooperation* from others (but which would statistically support progress toward my hope/wish if I did it)?

I could talk with my child and see if they are as lonely/frustrated as I think they are. I could show openness to their ideas for creating opportunities for both authentic self-expression and connecting with peers. I could budget significant resources to support these opportunities, if that would be welcomed by my child.

So, rephrasing hopes into outcomes (use Tool #2 for this)

Hopes and dreams and wishes....	Desired outcomes:	SMART-ready goal
<i>I want my child to have real friends who will like them as they are.</i>	<i>I could create a budgeted amount of time and money to support people-connecting experiences that my child may want to plan or participate in for the purposes of finding friends who really “get” them.</i>	Every month I will set aside pre-planned time periods, along with a predetermined budget and go over ideas with my child as to how they would like to use this resource for meeting people. I will follow through on plans made together.

How will carrying this one rock help my hope/wish happen?

I can't possibly control who my child makes friends with or who makes friends with them. I can give my child modeling as to how friendships, and any relationships, require dedicated and often pre-planned time and resources. I can demystify the process of how people meet other people, and show that it can be organized, and planned, and carried out. I can support my child emotionally in the long process of putting themselves out there in hopes that true connections will be made, even though no one can truly control when those connections happen.