

Behavior Generator

For the past two years, I have felt very angry, frustrated, and exhausted dealing with my daughter, an active drug user. I would judge her. I wanted to fix her and mold her into what I saw her life should look like. I have recently been introduced to NLP and found a new way to look at life and how to be in relationship with my daughter and other people. I have exhausted all the nonproductive, ineffective ways to deal with my daughter.

The Behavior Generator process has taught me a new behavior and how to be with her. My feelings about her life choices have not changed, just my behavior. Today when I see my daughter I see stars above her and it reminds me to stop, think, and respond.

