

script library

SCRIPT 2 | WHEN YOUR CHILD SAYS, I ALWAYS MESS UP.

Try: “Mistakes are information. They show us what to try next.”

Then ask: “What do you think this one is supposed to be teaching you?”

Follow up with a family narrative: “I’ve made a lot of mistakes in my life. Some of them have led me to where I am today. So I’m actually very thankful for the times I’ve messed up.”

Action: Kids don’t have the benefit of hindsight. So lend them some of yours. Opening up, showing humility, and sharing personal stories will bring a closeness to your family and will show your kid that you aren’t perfect either.

If you can pick a story from a time that your kid witnessed, even better. They’ll know you aren’t making it up.

This further reinforces the narrative you want to create that they are not broken. You have struggled (and continue to) with mistakes made, regret but you have the ability to now look back and see how those mess ups have worked together for good in your life.

Help them see that looking for lessons, rather than chasing perfection, is a better story. Help them to aim up by borrowing some strength from your life.

You’ll have a more resilient kid and a more connected family as a result.

