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KEYNOTE SPEAKER, TRAINER AND AUTHOR

COMPASSIONATE PARENTING

Your Children are Watching

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What is Compassion?

Why Don’t we Show it More in General?

What are the Roots of Lack of Compassion?

Why Don’t we Show it More in Parenting?
The Choice Point System illustrates that for most every decision, there is a moment in time where the decision is made. We call that moment a “Choice Point”.

The Choice Point System shows the people that:

- For every decision there is an Outcome.
- Often these Outcomes are Positive or Negative.
- If they look at the “Choice Point” and decide whether their choice is honest and kind, it will help guide them to a positive outcome.
- Because they have the ability to choose, they are responsible for the results of their decisions.
- Feelings and the outcomes are an indication of whether your making, or have made, a positive or negative choice.
- If they ended up with a negative consequence, at some point they made a decision that led them to that outcome.
The Truth About STRUCTURE

What it’s really for:

The benefits of providing it:

How we sometimes sabotage it:

How to go about providing it:
RESULTS > ACTIONS > THINKING > BELIEFS

PATIENCE

OBSTACLES TO CHANGING

1

2

SOLUTIONS

1

2
Why I Don’t Show More Compassion for Myself:

What Negative Beliefs are Fueling This:

What will I do to Confront the Old beliefs?

Why is this Important?

Why Don’t We Show it More?

What I Think about Compassion:
THE IMPACT OF SELF ESTEEM

Positive Beliefs

I am important.
I belong.
I am good enough.
I matter.
I’m loveable.
I’m smart.
I’m good.
I am worthy.
I’m capable.
I am enough.
I’m on the right track.
I’m a good parent.

Negative Beliefs

I am not important.
I don’t belong.
I am not good enough.
I don’t matter.
I’m un-loveable.
I’m stupid.
I’m bad.
I am not worthy.
I’m not capable.
I am not enough.
I’m a mess / failure.
I’m a lousy parent.
How My Past is Affecting My Present and Future:

________________________________________________________________________________________________________________________________________________________

How I will Prevent This:

________________________________________________________________________________________________________________________________________________________

**RESENTMENTS**

Old Hurts from the Past that we Bring to the Present to Cause Pain

Resentments, Oh Resentments, how we deplore.

If it wasn’t for Resentments I’d be happy and peaceful for evermore.

 INCIDENT

Make a Conscious Choice

Problem Solve (Sheet?)

Deal with issue / Get Support

Release the Energy
Self Communication Assessment

Use this in your mind when you find yourself overreacting to something someone has said or done.

1) I am Feeling ___________.

2) Because when he/she ________,
   (said/did or didn't say/do)

3) I thought it meant that I am _______________,
   -Negative belief about yourself-
   (Incapable, Stupid, Not Good Enough, etc.)

4) What is true is that I am ____________!
   -Opposite of negative belief

   (What you really want to hear and what's true!)
   -Repeat this often to yourself!

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Respond vs. React

_________________________________________________________________________________

_________________________________________________________________________________

_________________________________________________________________________________

HALT PS:

_________________________________________________________________________________

_________________________________________________________________________________

_________________________________________________________________________________

This tool works wonders when you notice you are taking something personally. It may be a friend that has said or done something, a co-worker or supervisor. This process will help you get out of the emotional reaction and think clearer.

Here’s an example. Say you were to meet someone at a certain time, and they forgot. You might feel mad and think that you are unimportant because they forgot to meet you. So you would put your feelings in the first line, that they didn’t show up in the second line, that you think you are “Unimportant” in the third line and the truth, that you are “Important” in the fourth line.

Using this can help you to know to not take things so personally. It will also take a lot of the “charge” out of conflicts.
FOCUS SHEET

Three main things I want to improve upon/ change:

1
2
3

What I need to know about me to make these changes:

What specific steps I am going to take to support each of these to happen: (Consider putting in end dates.)

1
   a.
   b.
   c.

2
   a.
   b.
   c.

3
   a.
   b.
   c.

I’m going to do this one thing regularly to support all of these:
Paul Figueroa, the founder of Peace Enforcement LLC, is an expert at helping Executive Leadership, Managers, Staff, Companies, Parents, Children (frankly, people of all ages) make the positive changes they want and lead happier, healthier lives.

He has over 25 years of experience helping people better themselves and he’s worked with numerous Organizations, Companies, Agencies and Parent Groups all across the United States.

He’s keynoted at numerous conferences, presented to the largest ever HR Conference in Asia and he’s been on the Today Show and Radio Disney.

His first book, Listen, Your Life is Calling - The Journey Home is available on Amazon.com and his website, and the sequel: Listen Your life is Calling - The Journey to Meaning is now available.

A 12 year veteran of the King County Sheriff’s Department in Seattle Washington, Paul spent much of his career working with street gangs. In 1998, he drew on his experience, rechanneled his efforts and he’s been working to positively impact the lives of children, parents, people and companies ever since.

Clients Include:

Foster Parent Trainer for

Alliance for Child Welfare Excellence

King County

NIHSDA

Kwa Taq Nuk Resort-Casino

GRAND HYATT

Bright Horizons Family Solutions

SUBWAY

HR Washington State Human Resources

American Camp Association

Prevention Summit

CHILDHaven

ZEE

POLICE ISSAQUAH

WSA Washington State Association of Head Start & ECEAP

City of Puyallup State of Washington

Society for Human Resource Management

Thriving Companies Management Skills Program and Thriving Companies Workplace Improvement Program

Plus, many other topics and areas of expertise that are custom tailored to your unique needs.

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