



F R E E   G U I D E

# It Works!

*Just Don't Do the Three Cs*

***Criticism • Comparison • Conditionality***

*Most parents are already loving parents. And most of us are practicing three habits that quietly get in the way of that love reaching our children. Here is what they are — and what to do instead.*

## The Three Habits That Get in the Way

C

### CRITICISM

*“You are doing it wrong.”*

Criticism doesn't land as information — it lands as identity. Repeated often enough, it becomes a belief: *I am something wrong.*

C

### COMPARISON

*“Someone else is more than you.”*

Comparison teaches children their value is relative — always at risk, never secure. A child raised on comparison never arrives.

C

### CONDITIONALITY

*“My love depends on what you do.”*

When warmth fluctuates with behavior, children learn love is a weather system their performance controls. This is the most subtle — and consequential — of the three.

# What Fills the Space: THREE PRACTICES

**CURIOSITY** *Ask before you evaluate.*

“What was that like for you?” “What do you actually think about that?” Curiosity tells your child their inner life is worth knowing.

**ACKNOWLEDGMENT** *See the effort, not just the outcome.*

“I saw how hard you worked on that.” “That looked frustrating — you stayed with it.” Not praise for results. **Witnessing.**

**DELIGHT** *Let them catch you delighting in them.*

Not for what they do. For who they are. A parent’s delight is the closest thing to pure oxygen a child can receive.

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## W . A . I . T .

### Why Am I Talking?

*Before you speak, pause.*

*“Between stimulus and response there is a space  
— and in that space is our power to choose.”*

— Viktor Frankl

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*“Your children are not your children.  
They come through you but not from you.”*

— Kahlil Gibran

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Get the book: It Works! Just Don't Do the Three Cs