

# The Possibility Path for Parents

A Life Coaching Program based on  
*Book One: A Field of Possibilities* through Jeannine Proulx

*“Bringing Possibilities to Reality”*

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## SECTION TWO

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### CREATION

5. Allowing.  
Steps to creation.

6. Tearing Down Walls  
Building resiliency, confidence and strength with Perseverance.

7. Letting Go. Letting In.  
The Train  
Natural ways to change

8. Believing  
When everything changes. Building Hope  
Starting from Scratch

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## Step EIGHT

**Read:**  
**BELIEVING**

**Short Cut Topic on Parent, Child, and Family:**  
**Curve Ball**

*For the Short Cuts, find a quiet space and listen to each.*

*Have a pen and paper or discussion questions handy to write down your insights as they are fresh in your mind. You may receive more insights as your mind continues to process the information, so keep an eye on your dreams, the changes in your life, and how you are feeling.*

*\* Do them in a row or on separate days or times.*

*The first Short Cut focuses on you, the parent. The second and third are for YOU to do to get insight into your children and your family as a whole.*

**Family Fun Project or Experience:**  
**Start from Scratch Idea Board**

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This Possibility Step addresses the changes that can show up in our lives at a moment notice, changes that can turn our world upside down and our lives inside out.

When this happens we must start from scratch.

It is a difficult thing to deal with that much change all at once, but as a parent it happens all day every day. Children will challenge the very fiber of your love for stability and consistency and they are designed to change. Growth is the point of childhood!

If we can learn through the opportunities presented in raising children to move with the changes and find confidence in starting from scratch, we can open up and begin to believe the positive possibility change can bring to our lives.

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## The Possibility Path™ for Parents

### Step 8

#### BELIEVING

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Each step has discussion questions for you to do alone while reading the section and then additional insight opportunity with the Short Cut for you to do on your role as Parent, insight about your Children, and thoughts on your Family.

Let the thoughts that come to you, come to you.

This Possibility Step and these topics are about planting the seed of thought to help bring awareness. This is the starting foundation of who we are in the world! Let what is important for now come and let the rest go. The insights and ideas will flow naturally as you go about your life, grow, and change as an individual, as a parent, and as a family!

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Believing is seeing. Seeing is believing. But sometimes you can't believe what you see. Sometimes life throws you such giant curve balls that everything you knew to be true is brought into question. Sometimes you have to start from scratch.

Humans are built to like patterns, schedules, familiar routines, familiar places and people. What is familiar is a known quantity. What is unfamiliar is, well, unfamiliar. When we are in an unfamiliar place the simplest survival needs like food, shelter, acceptance, physical safety from violence or danger, are not known. Where do we get our food? How do we get our food? What do we do, act, say, or be to be accepted by others so that we will become their friends and not their prey? What is it safe to do? Where is it safe to go? Can we drink this water? Can we eat this food? Can we drive on this road? Can we work at this job?

No matter the changes these basic survival needs arise in our human survival brains. Everything else stops as we work to figure out how to get these basic needs met.

Children do not like change. Most people do not like change! Familiar equals safety and that which is familiar then gets clung to like an old worn out baby blanket your 6 year old insists on carrying around to each and every place you go.

Life is full of new for children. Each day they are bombarded with things they don't understand, that other people know but they don't know.

At two years old it is seen as acceptable for a child to turn and look to mom, dad, or a caretaker to see if what is new and unfamiliar is safe. If a stranger says “Hi” to them in the grocery store, they look to mom or dad to see their reaction. Is this person okay? They run a few steps away, turn around, and look back to make sure the caretakers thinks where they are going is safe. It is natural at two years old to look to a parent to interpret the world around them.

But around 7 -10 years old they have now had enough experience to know quite a lot. They don't need Mom and Dad to force feed them, dress them, walk for, or with, them. They are on their own at school, friends, family houses. They have their own inner lives, their own dreams, their own views of the world. They can read, write, and count. Their world is familiar. They laws of physics are familiar. They know what foods they like and don't like. They know the people who are safe and not safe around them. They are doing things more and more on their own.

But then suddenly they are expected, and want, to know everything! Ever notice how kids this age will tell you everything about a subject? (ie: dinosaurs, cars, food.) They will repeat exactly what you say in the way you say it to someone else with an authoritative voice as if they knew it all along, moments after you say it! It is a time of learning so much, integrating so much, and attempting to know it all. But they are young. They don't know it all. There is too much to know.

Each and every day it can feel as though they are starting over. This is a time when big changes in a child's life can greatly impact their self -esteem and self -worth. It is a time that if the changes are not met, modeled, and supported it can create neurosis that stays with them for a lifetime.

Unfortunately often around this age is when big changes naturally occur. Life takes its toll on marriages. People who in the early days were all rosy eyed about parenting together may now be in the stage of mom and dad's non stop never home taxi stage, which can be very taxing on any parent!

Job changes happen about every five to ten years these days and when you as a parent change jobs you go through the same fear survival stages, stressing out every member of the family.

Grandparents or loved ones die around this age. Although now grandparents are living longer than ever, every ten years most people experience tragedy of some sort in the form of friends or losing a family member. It is their first experience with death, the ultimate change.

All of this can all trigger fear, anxiety, and insecurity in children and in ourselves.

The patterns that we set in place to keep us safe get tossed up in the air and in a moment we have to rethink everything about how we as parents and as people, keep the children safe, keep the family balanced, and keep ourselves alive.

To do this with some success we need to be able to start over, to see change as just another step in the journey of life, and walk into it with hope and a plan on how to start from scratch.

It all starts with belief. Whatever we believe about life, ourselves, our world, our family, and our children becomes our reality. We choose facts to match our belief systems. It is how we structure our worlds and our small towns.

Let's say we have a belief, say, "Marriage is forever."

Then change happens. Our spouse leaves us.

Suddenly our belief is proven false. Marriage is not forever because we are no longer a couple. We go through the steps of grieving this. We live in denial. We barter. We beg. We cry. We get angry. We finally land at acceptance. We start again.

If we are unwilling to let go of the belief "Marriage is forever." and accept the reality that "Marriage does not automatically mean forever." then we can stay in those emotions of grief.\* We can stay in denial and pretend it didn't happen. We can stay in anger. We can blame and shame and cry and vent to anyone willing to listen. We can live in bartering, thinking if only we do this, then it will be okay. We can live in sadness and depression and wallow in the pain.

No matter what emotion we stay in, we are stuck. We are stuck in that belief system. We are stuck in that emotion. And we will find things to back up our beliefs to prove our reality is true.

If we are in denial, we will tell people lies. We will make up the truth that we want to be living, not the one we are. We will find excuses and behaviors that show we are still married, even if it means having the other spouse die, in real life or fantasy. In the extreme this is why spouses kill the ones leaving them. In the milder form, we might lie and say the spouse is missing, or lost, or on a business trip.

If we stay in anger we can label the other person evil. We can blame, shame the other person for every single thing that happens from that day forward until the day we die. We can stay in this place and never leave. If we were truly victims in some sort in the first place, say our spouse did leave suddenly, we can even get sympathy or justification for our anger from friends, family, and society which then enforce our belief system.

Being stuck in sadness can turn into depression, can turn into hopelessness, can turn into suicide. We can give up. Everything that happens just becomes a reason why. Our lives become clouded in a shadow of loss and pain.

Each stage has a severe form and a mild one. Moving out of the stage into acceptance can allow us to move on into hope!

We can do this by creating and cultivating a belief in possibility, in ourselves and our children. A belief in possibility means that no matter what happens, a complete loss of everything you own in a fire, a loss of a child, a loss of a parent, an accident, a divorce, a job loss, a school change, a move, or a world change, there is hope. There is possibility to grieve, grow, and move into new better and stronger with more tools to deal with the next curve ball life throws our way.

A belief in possibility is the ability to accept and grow with change, to open up your heart and mind to know there will always be solutions, no matter how many times or what it is that happens, if you have to start from scratch, you will be okay.

How do we do this? Seven simple steps move us from change to our new reality.

1<sup>st</sup>- We accept that change is happening. (We move out of denial.) Denial is a comfortable place. There are no feelings in denial. In denial we live as if the change has not happen. We act as if it never occurred. If pressed or asked, we simply make up the reality we wish to live in, and live there. It is a survival tool to keep us from pain and to keep us functioning in moments of crisis. But if we stay in denial, we have to deny everything else too. We have to deny other's pain. We have to deny others' love. We have to deny our own love. We deny our own pain. Without feeling the pain and processing the rest of the grieving stage, we stay stuck, stunted, unable to grow or move forward. We kill the hope of possibility waiting for us around the corner. So the first step is to accept that change has happened. Then comes a fun part.

2<sup>nd</sup>- We get to grieve it. It's time to ALLOW emotion! No matter what! With our children or spouses we can stay still and hold the space for them as they feel. We can let them feel it! As intense as it is we can say. "I see you are feeling angry. Feel that anger! I hear you. I understand. It will be okay." We can mirror to them. We can let them punch a pillow or scream at the sky. We can let them cry. We can listen as they try to process the change. We can sit as they feel. We can sit as we feel. The emotions come in waves. This process can take years and even go on after we move into new and into hope, that is okay! Let yourself feel!!

3<sup>rd</sup>- And then we accept that starting from scratch is possible. We believe it is possible. Yes. It takes a lot of work. Yes. It is rough. Yes. It is difficult. Yes. It takes your Perseverance Personality to be able to bust through those fears, blocks, and oppositions that will come up as you begin to build your new small town, but it is possible. Once you start believing it is possible, you will find the solutions because you are looking for them!!! If we don't believe it's possible, we don't look! We don't find. Then comes the real fun part.

4<sup>th</sup> - We brainstorm possibilities. Look for the opportunities. Ask yourself, if I could, what would I do? What would I be? Where would we be? Each change is an opportunity for new. Each change is an opportunity for us to become more of who we have always wanted to be. It is a chance for our children to be who they want to be. If we can live in possible, we can move with the changes and find the solutions. Then comes the work.

5- Discuss difficulties. Talk. Talk with your family, with your spouse, with your friends, talk! Talk to people you TRUST who can be positive mirrors to you about what you want to do, create, be, and become. Talk and ask for solutions. Walk away from anyone feeding fear and sit with those who are able to be compassionate, positive, and validating. Talk with your kids. What would be difficult about moving schools? What would be fun? What would be hard? And then:

6- FIND SOLUTIONS. Find the way. Pave a new path if you have to, but find a way. There is always a way. Find it. Those who can survive anything always know there is way. Find that way. Sometimes it takes many tries. Sometimes it takes many years. Sometimes you end up in a place you would never choose, but it is exactly where you need to be. Keep trying. Keep finding solutions. Hold a belief in possible. Live in a belief in solutions. Do it together as a family! Ask your children to come up with their own solutions! Help them become people who find their own answers and pave their own way! They will surprise you more than you could ever dream at how innovative and creative they can be! And then:

7- Take the steps and do the 4 Steps of Allowing Polka to create new reality. Do it again and again. Do it over and over again.

Whether your change is losing the use of your legs in an accident, or simply losing your keys in a rush on your way to work, the process is the same. Do it with you, your children, your family, your life. Take the steps and prove to yourself NO MATTER WHAT you can start from scratch.

Change is difficult. Whether it's a three year old giving up a binky, breaking up with 1<sup>st</sup> boy/girlfriend as a teen, or a job change or divorce as an adult, change is difficult. It is the same process for all. Becoming conscious of the possibilities open in each and every change that occurs in our lives allows us to live in solution instead of being overwhelmed by the problems.

Life is full of problems to be solved. It makes life a challenge, an exciting adventure. If we choose to see the losses, crisis, and changes in our lives through this lens, we are not only able to face life with less fear and worry but face each day with hope for better and the solutions to come!

*\* See more on stages of grief. On Death and Dying by Elisabeth Kübler-Ross*

What does living in a Possibility Belief mean for you?

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## The Possibility Path™ for Parents

### SHORT CUT: Curve Ball

A Short Cut is a Guided Visual Exercise that helps allow access to our own inner wisdom, our unconscious information Possibility Doorway, and our own inner intuition.

Listen to each Short Cut and then process your insights.

\*\*\* The short cuts are for you to listen to and get insight into your perspective on your self, your children, and your family as a whole. You can, if you wish, use these concepts and the questions below with your children or your family after you do them yourself to get your family's insight - if your children are at the age they could understand and relate to the Possibility Step topic.

These questions might help.

#### Group Discussion or Personal Journaling Questions:

Questions are just suggestions to get the ball rolling. You might get new insights you never thought of that have nothing to do with the topic at hand or realize things that are not in the questions. Allow. It is your time. It is your program. It is your inner wise self. Go where the journey takes you!

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**FOR PARENTS**  
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In childhood what curve ball/ life event was thrown your way?

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What were the tools you used back then as a child to process, face, deal, with this event?

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What life event or curve ball is being thrown your way right now in adulthood?

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What NEW tools would you like or need to use right now to face the curve ball and hit it out of the park right now in adulthood?

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ABOUT CHILDREN - FOCUS ON EACH CHILD SEPARATELY  
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1<sup>st</sup> CHILD'S NAME: \_\_\_\_\_

What curve ball is being thrown at your child or your child is throwing at you right now?

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What kind of tools do YOU need to face this curve ball, to deal with this event in the way you would want to?

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What ONE thing can you do today, right now, to use this tool today?

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2<sup>nd</sup> CHILD'S NAME: \_\_\_\_\_

What curve ball is being thrown at your child or your child is throwing at you right now?

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What kind of tools do YOU need to face this curve ball, to deal with this event in the way you would want to?

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What ONE thing can you do today, right now, to use this tool today?

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3<sup>rd</sup> CHILD'S NAME: \_\_\_\_\_

What curve ball is being thrown at your child or your child is throwing at you right now?

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What kind of tools do YOU need to face this curve ball, to deal with this event in the way you would want to?

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What ONE thing can you do today, right now, to use this tool today?

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4<sup>th</sup> or more CHILD'S NAME: \_\_\_\_\_

What curve ball is being thrown at your child or your child is throwing at you right now?

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What kind of tools do YOU need to face this curve ball, to deal with this event in the way you would want to?

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What ONE thing can you do today, right now, to use this tool today?

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**ON FAMILY**  
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What is your family's motto? What is your vision for your family?

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What is your ONE FOCUS WORD for You?

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# The Possibility Path™ Program for Parents

## Family Fun Project:

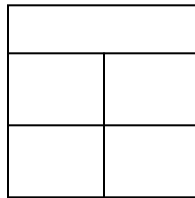
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### Start from Scratch Idea Board

*When life throws curve balls, use this board to process the experience and move into possibility!*

1. Draw at the top of the board the event or curve ball that has happened with a line under it.
2. Divide the board below it into four categories: Loss/ Gain and Problem/ Solution.

It will look like this:



- In the left boxes write: Loss and underneath it Problem.
- On the right side write: Gain and Solution

3. Ask your child what things this situation has made them feel they lost. Write those in the loss box.
4. Ask your child what they think they gained. Write that in the Gain box.
5. Do the same with Problem and Solution. Write down what your child says.
6. Then turn the paper over, or use a new sheet, and write POSSIBILITY on the top of the page.
  - Ask your child to list all the things they would LIKE to see happen from this.  
(Call it magic wand page if younger!)
  - Do you see a pattern? Are they having difficulty grieving or letting go?
  - Are they able to see any possibilities?

### 7. Take the steps.

-Ask your child for one thing they could do today to move forward into new. Sometimes it's still time to cry and the step can be taken later. Sometimes it helps to just do something, like go for a walk or out to eat - something that has nothing to do with what happened!

This activity is a great way to start communication with your children when big changes happen and life throws those curve balls your way!

\*Can even be used when they start new grade or do something they are scared to do!

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## **The Possibility Path™ for Parents**

### Step 8 - BELIEVING

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#### The Seven Steps to live in a Belief of Possibility

1. Accept Change
  2. Allow Emotion
  3. Believe we can Start from Scratch
  4. Brainstorm Solutions
  5. Discuss Difficulties
  6. Find Solutions
  7. Do the 4 Steps of Allowing Polka
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## **The Possibility Path™ for Parents**

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*Feel free to share the insights, ideas, and growth you have experienced with people you trust and who care about you, including family, friends, coworkers, therapists, doctors, etc. and of course the group that you are working with on the **Possibility Path**.*

*Please direct any professional questions to Jeannine at [jeannine\\_proulx@yahoo.com](mailto:jeannine_proulx@yahoo.com)*

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