

DIL T or F

1. Write down everything that comes to mind about DIL.

Keep writing until everything about DIL is dumped onto paper, out of your mind.



3. Choose one of the thoughts, that you don't want to believe anymore. If you're not sure, ask yourself this question about any of your thoughts: **If I love me, And Then I love my DIL, would I keep or tweak this thought?** Rewrite the thought to something you could believe, and want to practice thinking.



2. Next, differentiate between which ideas are **Thoughts**, and which are **Facts**. **Highlight the Thoughts and circle the Facts.**



*It's only a fact if you can prove it in court and everyone agrees with it.

-Lovin My DIL-

LeAnn Austin
COACHING

DIL Manual

How Do I shrink or eliminate this?

1. What is my current DIL manual?

What do I think she should be doing, shouldn't be doing, everything about whatever is my manual for my DIL.

2. What is my current manual for me?

Write it down. Similar to DIL manual, write down everything in your manual for yourself.

3. Go back through #1 and #2, and for each item on both manuals, ask yourself this question: **If I loved me, and then I loved my DIL, would I keep or tweak this part of my manual?** Then Do It.



-Lovin My DIL-

LeAnn Austin
COACHING

Lovin Me And Then DIL

Acronym for LOVE is Light, Open, Value, Empower

<p>L</p> <p>Love</p>	<p>Every time you turn a light on or see the sunshine, tell yourself one thing you love about you.</p>
<p>O</p> <p>Open</p>	<p>What is something you are open to trying, or anything you love doing - do it. How could you be more open with your DIL?</p>
<p>V</p> <p>Value</p>	<p>You are 100% loveable and valuable always. What are 3 things you value? Notice how these 3 values enhance your life. What are 3 values you appreciate about your DIL? Share them with her!</p> <p>My Values <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____</p> <p>Values I appreciate about DIL <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____</p>
<p>E</p> <p>Empower</p>	<p>How can being aware of what's happening in your life, and accepting where you are right now, give you the power to move forward? Awareness + Acceptance = Empowered (Jody Moore)</p>

We take care of our needs first, and we love us, so that we're better able to love and show up for DIL in whatever way we choose. The video is available as a resource, too. Bring questions and situations to be coached on to live calls!

DIL Play

Black-and-white thoughts are absolutes - believing something is ALL good or ALL bad.

Black	DIL Play Area	White
 <ul style="list-style-type: none"> • Never • Wrong • All out • Off • Nothing • Failure 	<p>KEYWORDS: SOMETIMES • AND • SOME</p> <p>• GOOD AT SOME THINGS/BAD AT OTHERS</p>	 <ul style="list-style-type: none"> • Always • Right • All In • On • All • Perfect

Instead of OR, use AND	B- Work	Equal Air Time
<input type="checkbox"/> 1. Write down any ways I already do, or plan to use AND instead of OR.	<input type="checkbox"/> 2. What are all the ways I can start doing B- work, and appreciate DIL's B-work too.	<input type="checkbox"/> 3. Write some things I love and appreciate about me AND my DIL .

DIL Boundaries

1. **What request do I want to make of my DIL?**

Make sure the request is coming from a space of love, not anger.



2. **What is the consequence or action I will take, if DIL doesn't honor this request?**

Remember, this is an action you'll do, not an action your DIL will or won't do.

3. **Have the DIL Boundary conversation, from love, and note what comes up for you.**

This is a great time to do a DIL T or F and notice what thoughts you have about DIL.

4. **If DIL Boundary request is not followed, follow through on the consequence you discussed with your DIL.** Again, another great time to do a DIL T or F and notice what thoughts you have about you and your DIL.

Do DIL T or F often, so you become aware of the thoughts you have about your DIL, and are intentional about the ones you keep as you're creating boundaries. The video is available as a resource. Bring questions and situations to be coached on to live calls!