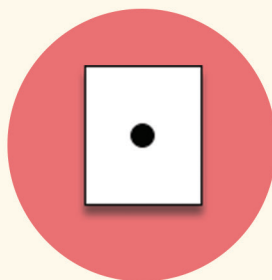




YOUR UNIQUE RESULTS

Here's Your #1 Mistake



SEE WHAT THESE RESULTS MEAN INSIDE



Congratulations and Thank You!

Thanks for making the time to take the What's The #1 Mistake Keeping You From Having a Stronger Family Quiz.

And Congratulations!

Because with this information you are on your way to creating that stronger family you dream of having.

We are Dr. Calvert F Cazier and Anne Evans-Cazier, LCSW, best-selling co-authors and co-creators of this assessment. With over 50 years of combined experience as teachers and public and mental health professionals, we have helped thousands of people change their lives for the better. We noticed there are 3 key mistakes that keep people from having the strong, healthy family relationships they desire...

And that led us down the path of creating this Assessment, so you can get instant clarity about YOUR #1 Mistake... and how to overcome it and move forward.

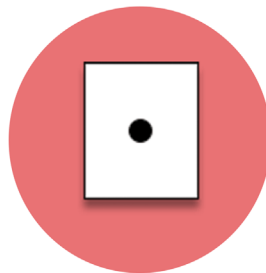
So let's get to your results!

Resilient Child





The Mousetrap



Based on the information you've shared and the little we know about you and your situation, the #1 Mistake holding you back from having a stronger family is what's known as "TM" or the "The Mousetrap."



Here's What That Means...

What that means is that miscommunication and misunderstandings are creating tension and disruptions that make it difficult for you to have the strong family relationships you dream of.

This is something we help people with all the time.

Since stories are one of the most powerful ways to learn, let us tell you the story of “The Mousetrap” and how it can help you have a stronger family.



“Don’t be embarrassed by your failures. Learn from them and start again.” SIR RICHARD BRANSON



The Story of the Mousetrap

Some time ago, we were at an event and heard a talk given by a man who grew up in Mexico. He spoke for only a few minutes and told an intriguing story about an experience he had when he was six.

One day he was at home with his mom when a little mouse ran across the kitchen floor. His mom screamed and jumped at seeing this cute little mouse. He didn't know if her scream was from fear or surprise, nevertheless she took swift action. She went to the refrigerator, took out some cheese, and cut off a small piece. She found the mousetrap, put the cheese on it, activated it, set it in the middle of the kitchen floor, turned to her son and said, "Don't touch it!"

A short time later the mom had to run an errand. The trap was still in the middle of the floor, so before she left she warned her son again to leave the trap alone. However, what he thought he heard his mother say was, "Help yourself to the cheese!"

As soon as she went out the door, he decided to eat the cheese. He walked into the kitchen, carefully bent down to grab it, and then WHAM! The trap snapped shut, and his finger was caught. It hurt really bad! He didn't know what to do, so he cried loudly until someone came running to help him. Of course, even after the trap was off, it still hurt. It was a pain he never forgot.

Now maybe no one in your family has ever had their finger caught in a mousetrap, but poor communication is a trap that leads to a lot of pain in many families, even when we have the best of intentions.

Like the boy in the story, it's so easy (and so painful!) to get caught in the trap of miscommunication. This can show up as repeating the same old arguments, pouting and crying, stormy silences, hurt feelings, anger, frustration, despair, disrespect, hopelessness, defensiveness, blaming... the list goes on and on. These ineffective communication patterns keep families from the stronger, closer relationships they deserve.



So what can you do right now to turn the tide?

Our #1 recommendation for you is to start with “Effective Communication,” the second tool in our Amazon #1 Best-Selling Book, *The Resiliency Toolkit: A Busy Parent's Guide to Raising Happy, Confident, Successful Children*.

Included in this Quiz Results Report is the complete, simple, step by step guide to start having conversations that build your family up instead of tearing it down. These are the same powerful steps Anne teaches her private clients day in and day out to help them change the way they communicate with each other, change their relationships, and create the stronger families they only dreamed of before.

The Right Tools

We have found that most kids and parents struggling today simply don't have the tools they need to create the good life and strong family they want.

Tool #2: Effective Communication is just one of three essential tools to start building your Parenting Toolkit. With any job, it helps to have the right tools. Would you change a tire without a jack, or do laundry without detergent? Yet lots of parents take on vital parenting tasks without the basic set of tools they need for success. The Resiliency Toolkit begins with a detailed guide to three basic parenting tools and teaches you how to:

- 1 Set Successful Goals to turns dreams into reality.
- 2 Communicate Effectively with your child along the way.
- 3 Stay Emotionally Grounded when the pressure is on.

Only the Beginning

In *The Resiliency Toolkit* you will start with the three foundational tools, then add more as you build your own personalized toolkit. You'll discover how to use the tools effectively, how to put them to work for you and your family, how to help everyone become stronger, more resilient, and better able to rise above the challenges facing us today and tomorrow.



Imagine

Imagine your children, happier and more confident as they grow up in a stronger family. Imagine them developing traits you know they need to be successful:

- Gratitude
- Forgiveness
- Hard Work
- Wisdom
- Respect
- Kindness
- Integrity
- Sense of Humor

And so much more!

Jumpstart Your Dreams

Kids rarely share our vision and are usually not particularly interested in making the changes we can see would be so good for them. So, whatever challenges you're facing right now, whether it's the global pandemic/ online school/ earthquakes/ fires/ hurricanes/ or just everyday life, starting with Tool #2: Effective Communication can jumpstart your dreams for your family. We developed this exclusive communication tool specifically for parents like you who want to get unstuck and free from the poor communication trap.

Combined Power

Most parents find the combined power of the 20+ parenting tools in The Resiliency Toolkit helps them move ahead faster and with more confidence that the changes they see will be more than a flash in the pan, that they will lead to lasting changes and the stronger family they once only dreamed of having.

Busy Parents

To see all the tools and have the ones you need, when you need them, [CLICK HERE NOW](#) for your copy of *The Resiliency Toolkit: A Busy Parent's Guide to Raising Happy, Confident, Successful Children*. You will be better equipped and on your way to building that stronger family you've always wanted.



Tool #2: Effective Communication

Bring Your Best Self to the Table

*"Don't worry that children never listen to you; worry that they are always watching you."
Robert Fulghum*

Let's start by picking just 1 topic to focus on. Grab a pen or your notes doc and write down the topic you want to discuss as a simple statement. For example, "I want to talk about keeping our house tidy," instead of "I want you to put your things away when you finish using them." "I want to talk about priorities and use of time," instead of "I want you to do your homework before you play video games."

Now, answer the following questions:

- 1** How do you aspire to be in the conversation?
 - A** Would you like to be calm? Patient? Clear? Kind but firm? What qualities fit your values and would help you be more effective?
 - B** Select one quality and write it down underneath your topic.
 - C** Now think of a time you had this quality, even a little bit.
 - D** Recall the experience as vividly as possible. Use as many of your senses as you can. Answer questions such as: "Where was I? Inside or outside? What did it look like? What time of day was it? What was the weather like? Was I sitting or standing or walking? How did the chair or beach or bench feel as I sat or stood or walked? What was I wearing? Were there any noticeable smells?" Remember how you felt both physically and emotionally as you recapture that experience as strongly as you can.
 - E** As you recall your experience, you are replaying a mini-movie of success. Give your experience a name, like the title of a movie. Write down the name of your mini-movie of success beneath the quality you want to have throughout the conversation and the topic. This will help you capture and hold on to that quality as you interact with your child.





2 What do you hope to accomplish?

- A Before you start an important conversation, you probably think about what you want to accomplish, yet lots of parents never do this before starting a conversation with their child.
- B Is your purpose to give information, share your thoughts and feelings, solve a problem, offer support or encouragement, or strengthen your relationship?
- C Select the outcome that is most important to you and write it down below the other things you've already listed.
- D Keep this note in front of you throughout the conversation and remind yourself often what you are trying to accomplish and how you aspire to be regardless of how your child chooses to be.

3 Put it all together.

- A Turn off your cell phone and ask your child to turn theirs off too, just for a few minutes! Invite your child to talk with you and let them know they have your full attention.
- B Tell your child what you would like to discuss. If solving a problem or making a decision is part of what you want to accomplish, explain that you are going to take those off the table until you both have had a chance to speak and be heard.
- C Invite your child to go first and tell you their thoughts, feelings, and desires about the topic.
- D Try to see the world through their eyes, that is how to listen with great empathy. Try to remember that they are feeling and thinking makes sense to them, even if it doesn't to you! Look at the world from their perspective, and then speak their reality out loud, especially when it is different from your own.



- E** Be curious, ask clarifying questions, recap often and respectfully, stay focused on them. They need to feel that you are sincere and caring, not just parroting their words back to them. Let them know that all of their thoughts, feelings, and desires are OK. Make it safe for them to be honest and open with you, even when what they are thinking, feeling, or wanting is uncomfortable or not what you were hoping for.
- F** Keep in mind what you want to accomplish and how you aspire to be in this conversation regardless of how they choose to be.
- G** When they are finished, speak with clarity about your own thoughts, feelings, and desires.
- H** Take turns, going back and forth as long as needed to get meaningful understanding. *Remember that understanding does not mean agreeing.*
- I** If you are looking for solutions or making a decision, now is the time to get some ideas out on the table.
 - i** Ask your child for their ideas about possible solutions or decisions. Ask them to explain how their ideas honor and respect their concerns and desires as well as yours.
 - ii** Present a few ideas of your own, along with your explanation of how you think they take into account their thoughts, feelings, and desires as well as your own.
 - iii** As the parent, it is always your responsibility to make final decisions, yet consider your child's input as much as you can. Adapt and allow them more influence as they mature.
Make your decision and discuss it with them.
 - iv** Whatever the purpose of the conversation, always end with a sincere expression of respect, caring, appreciation, and/or love.

Come back and review this sequence often as you practice and watch your family relationships grow stronger and stronger.



What People Are Saying

“You don’t need to change everything about yourself or your child to enjoy the rewards of a stronger family. I wish this book had been available earlier. Clients I see today would have benefitted from having parents who used the loving skills described in this very valuable book.” – *Ellyn Bader, PhD, Co-founder of The Couples Institute*

“What a delightful read. Even though the authors are well-educated experts, they also provide priceless counsel in a friendly, easy-to-read, practical, universally applicable, ‘sit around the table and chat’ format.” – *Glenn E. Richardson, PhD, Professor, College of Health, University of Utah, Author of Proactive and Applied Resilience: The Sixteen Experiences*

“With just a few minutes a day, you will find the inspiration and practical strategies you need to guide your child along the path to happiness, well-being, and success.”
– *Mrs. Jeanette Herbert, First Lady of Utah*

“A ‘must-read’ for any parent wishing to help build a resilient family and help their children face the unique challenges of life in the 21st century. This book is a wonderful guide full of useful strategies for doing just that!” – *Carl Hanson, PhD, Department Chair, College of Health, Brigham Young University*





What's your next step from here?

We hope you love Tool #2: Effective Communication and join the many other parents using it to strengthen their families. As we mentioned before, most parents find that the combined power of all the Parenting Tools and Training helps them move ahead faster and with more confidence that the changes they start to see will last and help them create the stronger family they want.

To get all of the powerful parenting tools, along with proven, practical parenting strategies and short, easy to read, fun stories to help you put it all together, [CLICK HERE NOW](#) for your copy of The Resiliency Toolkit: A Busy Parent's Guide to Raising Happy, Confident, Successful Children.

Now is the time to have all the tools you need to start building your stronger family.

Real Amazon Review

"Wow. I have worked with kids for over 20 years and this book taught me more than a few things. The way they share the lessons of life is engaging and supportive. It is doable to help kids grow up resilient. This is a book I will have on my office shelf and share with my clients for sure." -Tara Sanderson



The Resiliency Toolkit:

A Busy Parent's Guide to
Raising Happy, Confident,
Successful Children.

BUY NOW

More Questions?

We are here to help. Contact us at www.ResilientChild.com