

Notes  
Angela Abide, LPC  
[www.angelaabide.com](http://www.angelaabide.com)  
Westbank Library Presentation  
1/26/2017

### Funnel Illustration

<u>Parent</u>	<u>Child</u>
Consultant	Mature Teen
Perceived as Clueless (Maintain strong boundaries)	Adolescent
Still Pretty Special	Choices
Master of the Universe	Powerless

### Equilateral Triangle

Balance: Body, Mind, Spirit

What are we teaching our kids?  
They're more likely to do what we do than do what we say.

### The Four Agreements

Don Miguel Ruiz

1. Be impeccable with your word.
2. Don't take anything personally.
3. Don't make assumptions.
4. Do your best.

### Relationship Pie

Ingredients: Lead, Relate, Allow

### Transactional Analysis

P	parent	P
A	adult	A
C	child	C

**Walker Percy:** "You can get all A's and still flunk life."