

Module 3: The World we Live in



Questions about the World we Live in



How do I keep my child safe?

How do I manage so many unknown variables?

How can I navigate AI and media?

How do I understand the challenges of the new normal?

What do I do to support my sensitive child?

How do I navigate fear and overwhelm with authorities? Police, Govt, Weather

How do I regulate my child's individual needs in environments outside of my home?

How to optimize my child's experience at school?

How to understand and navigate social dynamics, detecting unhealthy patterns



How do I Keep my Child Safe?



Using Step 1 of the Informed Intuition Method, list your main concerns and fears:

- 1) Present Moment Immediate Danger or Threat (what is going on right now, in this moment)
- 2) Possible Danger or Threat (the ways the world and events could turn out. Alternative and possible)
- 3) Future Danger or Threat (a real, likely outcome)

Limiting Beliefs about the World We Live In

It's a crazy world

My child is not safe

My child is not secure

Kids can't be kids anymore

My child has a dim future

I have nothing to show for all my hard work, no legacy or inheritance

The world is dangerous and scary

I can't let go of control

I am responsible

I feel guilty all of the time

I am inadequate at keeping my child safe

A great education and school experience in this world isn't possible



Replacement Beliefs about the World We Live In

I accept, acknowledge, and allow the world to be so

The unknown is safe

I know what it feels like to feel safe and that my child is safe, no matter the circumstances

I understand how to feel at peace and enjoy life, in spite of the unknown variables.

I'm ready for what is needed and necessary for each day and my child's future

I feel hopeful and optimistic for my child's future

I am wealthy and abundant. My child is abundant

My child has everything they need when they need it

I know what to do and when to do it when it comes to my child's safety and well-being



Example Replacement Beliefs

- My child is aware of Mother Nature and knows just what to do. Understands the family plan when there is a natural disaster. My child has compassion for others impacted.
 - My child knows what we do at home and our community to contribute and support the planet. Recycling, composting, and thrifting are part of what we do as a family.
 - We feel safe, prepared, and mindful as we take part in demonstrations and advocacy online (very limited social media, but email our representatives, read up on things that are NEW, not rehashing or proactive material.
 - Viruses/Bacteria continue to be around us. We take precautions (insert yours) and allow the many perspectives of others to be so
 - My child is fully trained and prepared as one can be for predators/people that intend to manipulate, use, or do harm
- Bullying/Social media (more later on this one)
- Security and safety within a home, building, vehicle, transportation are established in neutral, non-provocative ways
 - Police and government threats are evaluated without fearmongering and rehashing what is
 - Financial and economical threats to lifestyle, thriving, way of being are a part of life. Looking for what is working and what we have and grateful for is our default

