Tool No. 11: Coaching Cheat Codes

When you're in the thick of it — tired, tested, or triggered — you don't need a lecture. You need a shortcut. A reframe. A way to shift out of survival mode and back into leadership. These "cheat codes" are like tiny mental switches: say them, think them, or post them somewhere you'll see when it matters.

EMOTION MINDSET SHIFTS

- "My child isn't giving me a hard time. They're having a hard time."
- "Big emotions are a sign of safety — they let it out because they feel safe."
- "Regulation comes before reason."
- "I don't need to stop the feeling. I just need to stay steady through it."

BEHAVIOR REFRAMES

- "Misbehavior is communication — not disrespect."
- "If they could do better right now, they would."
- "This isn't personal. It's developmental."
- "I'm here to teach, not punish."
- "Discipline means to guide, not to control."

PARENTING MINDSET REMINDERS

- "I can't control how they act. I can control how I show up."
- "I'm raising a future adult — not managing a moment."
- "Repair is more important than being right."
- "Boundaries are love with a backbone."
- "Calm is a skill. It's okay if I don't have it yet — but I'm learning."

Stick your favorite one on your fridge, dashboard, or bathroom mirror.
Let it interrupt the spiral next time.
The way you talk to yourself while parenting becomes the way you parent.

— Melissa | Parenting Dirty