

BILY PRINCIPLES



1. I Will Be Number One.

I will **show confidence** in my parental leadership. I will **expect respect**.

2. I Will No Longer Feel Guilty.

I will **accept** the fact that my child has **choice and a free will**.

3. I Will Not Share In (or take ownership of) My Child's Crisis.

I will **allow** my child to **take responsibility** for his or her actions and choices.

4. I Will Learn To Let Go.

I will **hold** my child **accountable**. I will **allow** him or her to **learn from the consequences** that result from his or her choices.

5. I Will Make The Rules.

I will **establish** and **communicate** clear **expectations** and **standards** for myself and my household.

6. I Will Follow Through.

I will **enforce** the **rules and standards** I set for my household.

7. I Will Keep The Lines Of Communication Open.

I will **discern** between appropriate and non-appropriate times to communicate. I will **avoid engaging** and will **remain calm**. I will make a conscious effort to **remind my child daily** that I love him or her.

8. I Will Avail My Family Of Resources and Materials.

I will **seek out and utilize resources and materials** that will help me attain the goals I set for myself, my family, and my household.

9. I Will Work Towards A More Realistic Family Life.

I will **work to create a peaceful home environment** while realizing that no parent, child, or family is perfect.

10. I Will Become Active In A Parent Support Group.

I will **commit to working the program consistently** for a minimum of six weeks. I will **encourage fellow BILY parents to hold me accountable** as I work to attain the goals I set for myself and my household.