



Parent & Faculty Education Conference
THRIVING IN A COMPETITIVE WORLD
Menlo School, February 7, 2015

Dr. Jacob Towery
The Hazards of “Should” Statements
Attendee Notes

Opening Remarks:

Dr. Towery reminded us to be grateful for what we have and not focus so much on what we are entitled to have. Dr. Towery posed several thought-provoking questions during the session. How many hours do you want to spend being mad about a scratch on your brand new car? How upset do you want to be about your child’s imperfections?

On the Entitled Mind:

Dr. Towery reminded us that the things we do have are gifts. We are not entitled to have anything. We are not entitled to even have a child. It is a miracle that we do. We choose what we want to spend our time worrying about. It is within our power how we want to think about things. Remember that you are not entitled to have a perfect child. How happy do you want to be on the journey with your child?

We get to choose what we want to focus on. If you always focus on things not going your way, then you can feel horrible. It is okay to have wishes, but when they turn into things that you deserve or are entitled to then you may have problems. Try to notice when you are in the *Entitled Mindset*, then take a step back and focus on what you do have. Switch your mindset to be grateful for the things you have. Don’t take so many things for granted. It is not easy to change our thoughts and practices but with hard work it can be done. Being more grateful for what you have can raise your happiness point. Entitlement will affect your teen’s happiness. Remind them to be grateful for what they have. Help your teen focus more on the things that are going well.