

Stuck in a Bad Pattern?

Guest post by Laura Markham.

Sages say that raising children is one of the best paths to enlightenment because it stretches the heart and teaches us to love. Parents have daily opportunities to dig deep in search of patience and compassion. Luckily, we're strongly motivated by our love for our children, so we stretch.

Sometimes, of course, we get stuck. In resentment, or the insistence that our child should be different. It's only human to think we should be able to force our child to change. But children (and adults!) naturally rebel against force, so you can't actually control anyone except yourself. That's why change needs to start with us.

So what can you do when you and your child are stuck in a bad pattern?

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