

AN EXCELLENT FAMILY
The Ten Reality Rule Principles
Dr. Kevin Lemen

“The Reality Rule is a consistent, decisive, and respectful way for you to manage your personal life, your marriage, and your children with love, respect, and effectiveness.”

Reality Rule Principle #8: Use Guidance, Not Force; Action, Not Just Words

In families as in life, **talk is cheap!**

Empty threats are soon discarded

Consistent consequences get **results**

Reality Rule Principle #9: Be Consistent, Decisive, and Respectful of Your Children as Persons

3 Styles of Parenting

Permissiveness - Wrong

Authoritarianism - Wrong

Firm but Fair - Right!

Reality Rule Principle #10: Hold Your Children Accountable for their Actions and Help Them Learn from Their Experiences

Some things can only be learned through **trials**

Experience is the best teacher