

Bold Book Notes – Mother and Son – The Respect Effect *by Emerson Eggerichs*

“I’m just a boy – standing in front of his mother – asking her to RESPECT him.”

Men and Boys are far more sensitive, vulnerable and reactionary to feeling inadequate and disrespected... this is NOT narcissism.

During conflict – we girls feel unloved.

During conflict – our husbands and sons feel DISRESPECTED.

Sons filter stress with mom through a RESPECT GRID.

Moms filter stress with son/husband through a LOVE GRID.

It’s not wrong – it’s just different.

Without RESPECT – the son reacts without LOVE - Without LOVE – the mother reacts without RESPECT

MOMS – SCRIPT: *“Look, I am not using this topic to send you a message that I don’t respect you. I’m seeking to address the issue at hand, ok? Let’s take 5 minutes to calm down and revisit the matter respectfully.”*
(You can use this with your son and/or your husband!)

The message we moms are trying to send – “I BELIEVE in you. I admire who I believe you to be. But do you see this in yourself?”

What Respect Looks Like to BOYS

A mother’s respect is her POSITIVE REGARD toward the SPIRIT of her son, no matter what he does (ACCEPTANCE)

Not saying he always deserves it - but he will NOT respond to your disrespect.

DO THIS:

Moms show respect and regard toward the SPIRIT of her son while confronting wrong doing

NOT THIS:

Mom shows disrespect and regard to the SPIRIT of her son while confronting his bad choices

2 parts to your son: the SPIRIT and the FLESH

Script for MOMS: *“I do not respect your wrong choices. I’m angry about your choices and you will be disciplined for them... but I believe in your deepest heart. I respect who you are inside, and we will get through this.”*

Moms body language SCREAMS disrespect – eyes roll, shakes head in disgust, voice is shrill, and this erupts from mom feeling hurt, frustrated, fatigue from giving, giving, giving.

She must STILL maintain a positive regard for your son's spirit.

Kids are immature and obnoxious. This (*respect talk and checking your body language*) is not easy or fair but **it is a way forward.**

The RESPECT EFFECT is the LONG-TERM PLAN. It will lead you to a better connection with your son. Hostility and contempt will be the result if you use the disrespect / short term approach.

Respect is not blind trust or enablement.

Mom lives independent of her son's behavior and his opinion of her.

Y o u r r e s p o n s e i s y o u r r e s p o n s i b i l i t y , M o m .

- Your son cannot turn you into a disrespectful woman. Control your anger and you have the power.

Mom Script: *"I don't say this to shame you, but to challenge you."*

- Go on the record about having respect for him and never assume he knows.
- Apologize if you are misunderstood. "I didn't mean to disrespect you - no disrespect was intended"
- Mom can misread a lack of emotion as arrogant disregard. He says, "I'm sorry" far less.

Script for MOMS when feeling shut out: *"My goal is to honor you. I care about you and want to make sure we are on the same page. I'm trying to address the issue, not attack you as a person."*

- Men and boys withdraw as an act of honor (not hostility) – seeks to de-escalate conflict by dropping it.
- Mothers love to love and want their sons to do the same.
 - We as moms default to love.
 - We need to develop muscle memory for the respect language and actions.
 - Consoling can feel too lovey-dovey (our default setting as moms). Send the message YOU ARE YOUR OWN MAN.

What do you get if you improve your mom respect muscle memory?

- Better connection with your son
- Easier to motivate him
- Meet a need in his soul
- Appreciate his boyness
- Deal with conflict
- Reestablish the relationship

M O M G . U . I . D . E . w i t h R E S P E C T :

GIVE – basic needs met

UNDERSTAND – so a child is not provoked or exasperated

INSTRUCT so they can apply wisdom

DISCIPLINE – so child can correct poor choices

ENCOURAGE- so child can courageously develop his gifts

- With your own low energy, you can get in a rut of anger provoking anger.
 - Your exasperation exasperates him. – then apologizing and compensating after losing it (the pattern is provocation then reconciliation)
 - Avoid having your son feel “What’s the use? Mom will never be happy with me. I cannot please her. I cannot be good enough.”
 - **REMEMBER – TRY NOT TO TAKE WHAT HE SAYS PERSONALLY!**

When fear controls a mother, she seeks to CONTROL.

- The illusion of control reduces anxiety for mom.
 - Mom thinks control is good for this reason.
 - Moms are seeking to protect and help.
 - He complies, but in doing so he loses confidence in himself.
 - Mom and son see the son as incapable, not a protector, a provider, a problem-solver, a friend maker.
 - He loses touch with who he is and should be.
 - Then he loses his way in life.

Respectful confrontation with **clear and fair consequences motivates a son** to behave over the marathon of a mother’s parenting.

MOMS SCRIPT: *“I discipline you because I believe in you and the man you are becoming. This discipline helps you to become a disciplined man with honor.”*

“I believe you have what it takes to move forward.” (When he is losing heart)

SEEING THE MAN IN THE BOY: His 6 desires

1. Work and achieve
2. Provide for, protect
3. Be strong, lead, make decisions
4. Analyze, solve, counsel
5. Do friendship shoulder – to – shoulder
6. Sexually understand and know

C.H.A.I.R.S.

CONQUEST - Can I express appreciating for some pursuit of his? (video games, Lego creations)

- Recognize Self-doubt after failing to achieve
 - Highlight the effort – growth mindset
- Men and boys identify who they are by what they do
 - Don’t compare his achievements to his peers
- Encourage improvement and hard work / effort

- CHORES – “I respect you for... (insert hard work, accomplishments, positive reinforcement here.)

HIERARCHY - Can I affirm his desire to protect and provide?

THE MAN IS IN THE BOY

- Fighting for justice (if they get into a fight/argument/etc.)
 - As an honorable man – what can you do next time?
 - **SCRIPT:** “Do you know what I see in you? You want to be a strong protector. I like how you want to defend your friend and fight for justice.”
- AFFIRM THE VIRTUE to PROTECT but CORRECT THE VICIES (hitting/ getting into a fight)
 - “You need boys to react naturally before you demand that they act super naturally”

AUTHORITY -Can I compliment a good decision he makes?

- Boys react and are stressed by things that challenge his authority.
- Validate their leadership qualities that are inborn such as their need to:
 - Show strength
 - Assert rank
 - Command others
 - Defend territory/possessions
 - Warn of unpleasant consequences
- Boys can show the previous qualities in immature ways. **Respect the spirit and guide the actions.**
- DO NOT denounce his inner sense of authority.
 - Herd him / instruct him in the right direction.
- A son picks up on the markers of authority that other men/Dad provide (larger stature, lower voice) so USE THEM!
 - It’s simple – we, as women, have a greater challenge of appearing authoritative inside and outside of the home.
 - Don’t be offended by this fact.
 - Understand it and use the knowledge.
- Boys are sensitive to messages that hit at his respect / authority core
 - Examples:
 - “You have no say”
 - “You don’t know”
 - “You are not a leader”
- He can hear the message “I find you inadequate and I do not respect you”
 - His action when hearing this message? He fights back / defiant / emotional
 - **MOM SCRIPT:** “When I discipline you, I don not want you to feel bad or embarrassed. I respect you and want to help you become the strong and brave man who knows how to deal with x...”

INSIGHT - Can I praise an insight I hear from him?

- Ask for your son's advice on certain things.
 - A boy desires to offer his insight.
- Try not to let his insight get crowded out by rude delivery on his part
 - Remember, try NOT to take anything said TOO PERSONALLY!
- Men and boys want to solve problems – not empathize. (That's for your girlfriends to provide)
 - If that's what you need, say "Thanks for your insight. You offered a great solution. But right now, I just need a listening ear."
- We can only appreciate his SPIRIT (and show the respect for the man in the boy) and NOT show disappointment in the actions of the boy IF...
 - we as moms understand our son is HIS OWN PERSON.
 - That his bad choice is his and not a reflection of me and or my parenting.
 - That he WILL MATURE in TIME.
 - That we don't need to get into our future fear time machine and think he will never change and he will always make these same mistakes.
- Do you as mom fixate more on your son's insights or his foolishness? (Use your mind's flashlight! Control your thoughts to focus on the good!)
 - Don't overly focus on the faults. Seize opportunities to show him respect for the good choices

RELATIONSHIP - Can I respect his desire for friendship, shoulder-to-shoulder?

MOM'S JOURNEY WITH SON

When they are young...
We are CONTROLLING

When they are tweens/teens...
We are COUNSELING

When they are adults....
They are CASTING OFF

MOM SCRIPT: "I don't respect WHAT you just did" instead of "I don't respect YOU."

"You cannot **love** a boy into changing his behavior.

But you can **RESPECT** him into it."

- Don't say to a boy "BE NICE". It can make them think they have to act like a girl and WON'T calm him.
- Speak to boy's hearts with the RESPECT words.

Let's get real moms... Be honest with yourself: Do you at your core sometimes think, "If my husband and sons acted like me, everything would be better and we'd all be happy?"

We know this isn't possible. And yet...When the family doesn't align with an ideal family life, we moms want to "aggressively mother" each member to change them into what we want.

Boy's CAN'T turn into middle-aged women. And yet....We still complain, criticize and control our boys. We begin to disrespect our boy's spirits.

We falsely believe our boys are a blank slate that we moms can fill in. "Be like me. Do it my way. Now!"

Display respectful demeanor when correcting the imperfections and you've got it!

Don't be offended when you hear him say... "Can we please stop talking now?" He's just signaling he's ready to move on and not relive the past.

The take away – cut down on all the questions, Mom!

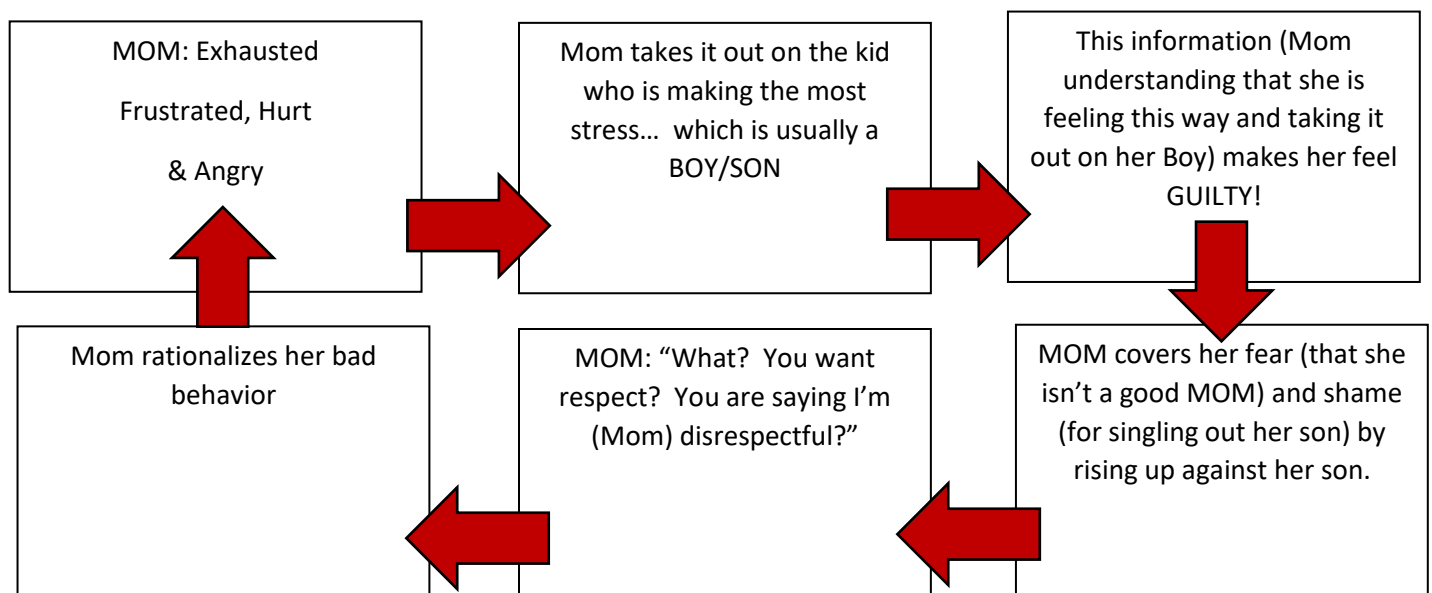
- Give up the thought "He won't talk to me the way I WANT HIM to talk."
 - Boys do not remember play-by-plays and it's PERFECTLY NORMAL!
 - If you are concerned about your connection with your son – be shoulder to shoulder
 - **MORE DOING (things together) and TALK LESS!**
 - Moms – we are wired to think the giving of the REPORT (lots of talking about their day/life) CREATES RAPPORT (closeness)
 - WE think NOT TALKING prevents understanding and closeness.
 - THIS IS A MYTH!
 - To some boys – mom's questions (her way of connecting) can make him feel like she is calling him into question.
- Boys bond by DOING SOMETHING TOGETHER (shoulder-to-shoulder) as part of a MISSION
 - Examples:
 - Building Legos together
 - Watch or play video games together
 - Play a game
 - Build a model
 - Do a puzzle
 - Bake cookies
 - Make dinner
 - Watch them do tricks at the skate park or offer to take videos of them doing their tricks
 - Woodworking projects – thinkercrate projects – art projects (if they are into that)
- Our boys must feel our friendly shoulder-to-shoulder interest
- Instead of asking "How was your day?" after school – how about say instead; "I'm so happy to see you!" (no questions!)
- Connection with son – Marinating (requires time) in shoulder-to-shoulder (without talking) time.
- Maintain his confidentiality
- Boys are like the traveling wolf where eye contact = confrontation.
 - They are trying to avoid that and the feeling in them that may turn aggressive. This is BOY NATURE. Different – not WRONG (check your thoughts, mom!)
- **MOM SCRIPT** – When asking for him to apologize: "**You are a man of honor, so please apologize.**"
- DO NOT OVERUSE THE "I RESPECT YOU" PHRASE. It isn't time-sensitive, it is FACT SENSITIVE
- Ask your son, "Do you want me to say, 'I Love You' or 'I Respect You'?"

SEXUALITY - Can I support the honorable way he treats the opposite sex?

Mom Motivation: Do you want a future daughter-in-law to treat your son with respect and talk with him respectfully? If yes YOU need to model that. You what act in a way with authority if you need to tell your future daughter-in-law what NOT to do. You need to MODEL what a respectful relationship with a woman looks like.

- When we as moms don't show respect, we do tell our sons and husbands they aren't capable.
- **The formula that works best for boys?**
 - Expect a lot out of them
 - Communicate your BELIEF they have it within them to figure it out
 - Ask boys for solutions before giving them solutions
 - It is better to give boys a JOB then take away a PRIVELEGE
 - view jobs as a statement of respect
 - You communicate to them: "I believe in your ability to do something honorable"
 - This is GREAT for all boys and especially ADHD boys – do shoulder-to-shoulder work to MAKE A POINT.

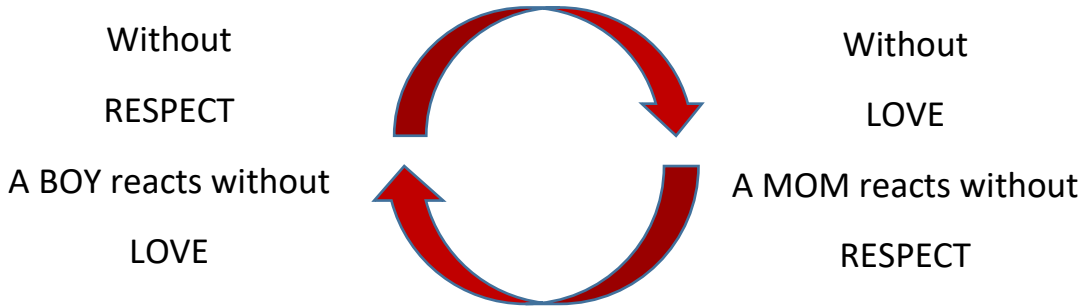
RECOGNIZE THIS CYCLE, MOMS...



MOMS: Our condescending and disrespectful voice crushes your son (and husband) and they will soon show unloving and disrespectful behavior and visa-versa.

MOMS – Have the conversation: *“Son, I want you to feel free to say ‘Mom, I know you love me, but I feel like you are not respecting me.’ I want you to tell me this when you feel this way. I may not change what I’m saying, but I will try to say it more respectfully.”*

Mother/Son Disrespect Cycle:



MOMS - Ask your son *“What makes you feel respected, honored, appreciated, valued or prized?”*

Look for the respect! You have to put down your biological pink love-grid goggles that we as women use to view the world.