



NHA Core Methodology

“The 3 Stands™ of the Nurtured Heart Approach®”

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| Stand 1 | Absolutely No! I refuse to energize negativity. | <ul style="list-style-type: none"> • I will not reward negativity with my energy, connection, or relationship. • Positives cannot register until the child experiences that they are no longer getting connected through negativity. | <p>Stories that illustrate Stand 1:</p> <ul style="list-style-type: none"> • Toys-R-Us • Video Game Theory • Librarian |
| Stand 2 | Absolutely Yes! I will super-energize experiences of success. | <ul style="list-style-type: none"> • I will relentlessly create and energize positivity and success through my recognitions and relationship. • I will energize and nurture first-hand experiences of success. • I will not just “catch kids being good” but will see the miracles in the molecules of success. | <p>Stories that illustrate Stand 2:</p> <ul style="list-style-type: none"> • Video Game Theory • Baby Steps • The Toll-Taker • Miracles from Molecules |
| Stand 3 | Absolutely Clear! I will set clear limits and provide clear, un-energized consequences. | <ul style="list-style-type: none"> • I will have intentional clarity in my rules and expectations. • I will always provide a true consequence, without looking the other way. • When a rule is broken, I will allow the child to reset and be welcomed back with forgiveness. | <p>Stories that illustrate Stand 3:</p> <ul style="list-style-type: none"> • Video Game Theory • Basketball Game Story • Speed Limit Story |