



TNM PARENT GUIDE

Introduction

If you're reading this guide, chances are you arrived here because of someone you love.

Like every parent, you want your child to become confident, resilient, and secure in who they are. You want them to discover their strengths, develop meaningful relationships, and have the courage to pursue the life they are capable of living. At the same time, you know that growing up has never been easy. Every stage of childhood introduces new challenges, new questions, and new moments that ask young people to decide what they believe about themselves.

What has changed is the world in which those questions are being asked.

Today's children are surrounded by constant comparison, endless expectations, and a pace of life that rarely gives them the opportunity to slow down and understand who they are becoming. Success is often measured publicly, mistakes feel permanent, and confidence can disappear almost as quickly as it is found. As parents, we watch these struggles unfold and naturally begin asking ourselves what we can do to help.

Over the years, I've had the privilege of sitting across from hundreds of parents. Although every family has its own story, I've noticed something remarkable. The details change, but the emotions rarely do. Parents worry that their child has lost confidence. They wonder why someone so capable is suddenly afraid to try. They question whether too much pressure is coming from school, sports, social media, or somewhere closer to home. Many quietly replay conversations in their minds, wondering if they said the wrong thing, missed something important, or should somehow know how to fix what their child is experiencing.

Beneath all of those conversations is a single question that almost every parent eventually asks:

"How do I help my child?"

It is one of the most loving questions a parent can ask. It is also one of the heaviest.

Love has a way of convincing us that every struggle our children experience is ours to carry. When they lose confidence, we search for the words that will restore it. When they fail, we wonder if we should have prepared them differently. When they compare themselves to others, we quietly begin comparing ourselves to other parents. We celebrate their victories as if they were our own and carry their disappointments as though we somehow should have prevented them. Most parents would never describe it this way, but many have spent years carrying a weight they were never meant to carry alone.

My hope is that this guide helps you begin putting some of that weight down.

Not because your child doesn't matter, but because they matter so much. Children need parents who love them deeply, believe in them wholeheartedly, and walk beside them consistently. They do not need parents who believe they must have every answer or somehow remove every obstacle from the road ahead. Some of life's greatest lessons can only be learned by walking through difficulty, and one of the greatest gifts we can give our children is helping them understand that struggle is not evidence that something is wrong with them. More often, it is evidence that they are growing.

That realization became the foundation for everything that eventually became this work.

Years ago, I found myself asking a question that changed the way I viewed coaching, leadership, parenting, and ultimately human development. Why were so many incredibly capable people allowing a single mistake, a disappointing performance, a difficult season, or someone else's opinion to become the story they believed about themselves? The more I listened, the more I realized that the problem wasn't a lack of ability. It was a lack of understanding. Young people weren't simply struggling with performance. They were struggling to understand themselves.

As I continued having those conversations, I noticed something else that surprised me even more.

The children weren't the only ones carrying those stories.

Their parents were too.

The circumstances were different, but the questions sounded remarkably familiar. Children wondered if they were good enough. Parents wondered if they were doing enough. Children compared themselves to classmates and teammates. Parents compared themselves to other families. Children feared failure because they believed it said something about who they were. Parents carried a quiet fear that somehow they were failing the people they loved most.

Different seasons of life.

The same human struggle.

That realization changed the direction of everything that followed.

This guide is not meant to convince you that your child needs another activity, another workout, or another coach. Instead, it is an invitation to see both your child and yourself through a different lens. My hope is that as you read these pages, you'll begin replacing fear with understanding, guilt with hope, and pressure with perspective. If that happens, I believe you'll discover something I've had the privilege of witnessing time and time again.

Children are remarkably capable of growth when they begin to understand themselves.

Parents are too.

Part I

Understand Your Child

If there is one belief I hope you carry with you long after you finish reading this guide, it is this:

Your child is not broken.

That statement may seem almost too simple, yet I have come to believe it is one of the most important truths a parent can hear. Too often, children begin believing there is something fundamentally wrong with them simply because they are experiencing the normal challenges of growing up. Even more often, parents quietly begin wondering if they have somehow failed because they don't know how to stop those struggles from happening.

Neither is true.

Growing up has always been difficult. Long before social media, smartphones, travel sports, and academic pressure, children wrestled with questions about belonging, acceptance, failure, identity, and self-worth. Those questions are not signs that something has gone wrong. They are part of becoming. Every generation has faced them. The difference today is that children are being asked to answer those questions in a world that rarely gives them a chance to slow down and understand what they are experiencing.

As parents, we naturally focus on what we can see. We notice the tears after a difficult game, the frustration over homework, the anxiety before a performance, or the sudden reluctance to try something that once brought our children joy. We see the behavior because behavior is visible. What we often don't see is the conversation taking place underneath it.

A child who suddenly gives up may not have lost motivation at all. They may have quietly decided that trying and failing hurts more than never trying in the first place. A perfectionist is rarely chasing perfection simply because they enjoy excellence. More often, they are trying to avoid the feeling that one mistake somehow makes them less worthy. The child who constantly compares themselves to everyone around them is usually not looking for someone to beat. They are searching for reassurance that they are enough.

The behavior is real.

But the behavior is rarely the beginning of the story.

One of the most significant discoveries behind this work came from recognizing that these struggles are not random. Over time, I found myself having remarkably similar conversations with children from completely different backgrounds. Some were high-performing athletes. Others had never played a competitive sport. Some were outgoing and confident in public. Others barely spoke during our first conversation. Yet underneath their different personalities, they were often fighting the same invisible battles.

One child believed they had to be perfect before they were worthy of praise.

Another believed everyone else had life figured out except them.

Another quietly carried the fear that no matter how hard they worked, they would never be good enough.

Their stories were different.

The struggle underneath them was remarkably similar.

Over time, that realization gave language to what I now call the Resistance Patterns.

The Resistance Patterns are not labels, diagnoses, or personality types. They are simply the common ways resistance shows up in all of us. Sometimes it convinces us to chase perfection because mistakes feel unbearable. Sometimes it whispers that everyone else is ahead of us. Sometimes it tells us to wait until we feel more confident, more prepared, or more certain before we begin. Other times it convinces us that one failure says something permanent about who we are.

The details change from person to person.

The message never does.

"Don't move."

That is why one of the core beliefs of this work is that movement creates clarity.

Most of us have spent our lives believing confidence comes first. We imagine that confident people take risks because they already believe in themselves. In reality, confidence is far more often the result of taking risks than the prerequisite for taking them. Children discover what they are capable of by moving through uncertainty, not by waiting for uncertainty to disappear. Every time they face something difficult, every time they recover from disappointment, and every time they continue despite fear, they collect another piece of evidence that they are stronger than they believed.

That evidence gradually becomes confidence.

This shift in perspective changes the way we respond to our children. Instead of asking, "How do I stop them from struggling?" we begin asking, "What is this struggle trying to teach them?" Instead of assuming fear means they should stop, we begin helping them understand that fear often accompanies the very experiences that help us grow. Instead of viewing failure as the opposite of success, we begin recognizing it as one of the most faithful teachers they will ever have.

None of this minimizes what your child is feeling. Their fears are real. Their disappointment is real. Their frustration is real. One of the greatest mistakes adults make is assuming that because we have experienced more of life, children's emotions somehow matter less. They don't. In many ways, they matter more because children have not yet developed the perspective that allows them to separate a difficult moment from their identity.

That perspective is something we can help them build.

We can remind them that a poor performance is exactly that—a performance, not a definition. We can help them understand that rejection is an experience they have, not a person they become. We can show them that courage does not mean feeling fearless. It means continuing to move even when fear is present.

That is why this journey is ultimately about far more than confidence, sports, academics, or performance.

It is about helping children understand themselves well enough that they stop asking, "What's wrong with me?" and begin asking a far more hopeful question:

"What can I learn from this, and where do I go from here?"

When that shift begins to happen, something remarkable follows.

Children stop seeing themselves as the problem.

They begin seeing themselves as people who are capable of growing.

That is one of the greatest gifts we can ever give them.

Part II

Understand Your Role

One of the greatest misconceptions about parenting is the belief that our job is to prepare the road for our children. We want to protect them from disappointment, remove obstacles before they become painful, and solve problems before they have the chance to leave a lasting mark. Every one of those instincts comes from the same place—a deep love for the people we have been entrusted to raise.

The irony is that the very experiences we work so hard to protect our children from are often the experiences that shape them most.

Think back over your own life for a moment. The lessons that have stayed with you were probably not learned during life's easiest seasons. They were learned through moments that stretched you, challenged you, humbled you, and occasionally left you wondering whether you were capable of continuing. Those experiences were uncomfortable, but they also became the foundation for your confidence, your resilience, and your perspective. They helped shape the person sitting here reading this guide today.

Our children deserve the opportunity to experience that same growth.

That doesn't mean we should intentionally make life harder for them or simply stand by while they struggle. It means recognizing that growth and discomfort have always traveled together. Confidence is not something children discover before they take a difficult step. It is something they begin developing because they were willing to take that step in the first

place. Resilience is not built by avoiding disappointment. It is built by learning that disappointment is something we can survive. Character is not formed because life is easy. It is formed because life occasionally asks us to become more than we were yesterday.

For many parents, that realization creates an entirely different question. If my responsibility is not to remove every obstacle, then what exactly is my role?

I believe your role is both simpler and far more important than you may realize.

Your child does not need you to control every outcome. They need you to help them understand the outcomes they experience.

There is an enormous difference between those two responsibilities.

Imagine two children who both strike out with the game on the line. One leaves believing they let everyone down and simply aren't good enough. The other leaves disappointed as well, but understands that one moment cannot define their ability or determine their future. The event is identical. The stories they carry home are completely different.

Parents have extraordinary influence over those stories.

Every conversation after a difficult game, every car ride home from practice, every discussion after a disappointing report card, every quiet moment before bed becomes an opportunity to help your child interpret what life is teaching them. Without realizing it, we are constantly helping our children answer one of the most important questions they will ever face:

"What does this experience say about me?"

If every mistake becomes evidence that they have fallen short, they will eventually begin believing that their value rises and falls with their performance. If, however, they learn that mistakes are part of growth, failure becomes a teacher instead of a verdict. Challenges become opportunities instead of threats. Success becomes something to enjoy rather than something they desperately need in order to feel worthy.

Children are always learning.

The question is not whether they are learning.

The question is what they are learning about themselves.

That is why your presence matters so much.

Long after children forget the details of a game, a test, or a season, they remember how the important people in their lives responded during those moments. They remember whether home felt like a place where they had to earn approval or a place where they were already loved. They remember whether mistakes became lectures or conversations. They remember whether someone believed in them when they were struggling to believe in themselves.

Those moments become part of their identity.

That realization often creates another burden for parents because it can sound as though every conversation has to be perfect. Nothing could be further from the truth. Children are not looking for perfect parents any more than parents should expect perfect children. In many ways, one of the healthiest things our children can witness is a parent who is still growing.

There is tremendous freedom in recognizing that your influence does not come from always having the right answer. It comes from consistently showing up. It comes from listening before speaking, asking questions before making assumptions, and allowing your child to see that growth is something we continue pursuing throughout our lives. Some of the most meaningful conversations you will ever have with your child will not begin with advice. They will begin with honesty.

"I know what that feels like."

"I've struggled with that too."

"I don't have every answer, but we'll figure it out together."

Those are not signs of weakness.

They are reminders that growth has never been a journey we were meant to walk alone.

Perhaps the greatest gift you can give your child is not protecting them from every difficult experience. Perhaps it is becoming the kind of person who helps them discover that difficult experiences never have the final word.

Your role has never been to build a perfect life for your child.

It has always been to walk beside them while they build one of their own.

Part III

Understand Yourself

By now, you've probably spent most of this guide thinking about your child.

You've pictured recent conversations, difficult moments, victories worth celebrating, and struggles you've been trying to understand. That's exactly what loving parents do. Their attention naturally gravitates toward the people they care about most. They spend years asking how they can encourage, protect, guide, and prepare their children for whatever lies ahead.

I'd like to ask something different of you for the next few pages.

I'd like you to think about yourself.

That request feels uncomfortable for many parents because somewhere along the journey of raising a family, taking care of yourself begins to feel optional. There are practices to attend, homework to help with, careers to manage, meals to prepare, bills to pay, and countless responsibilities competing for your attention every day. Life becomes an endless series of decisions about who needs you most, and more often than not, you quietly place yourself at the bottom of the list.

At first, that feels like love. Parents naturally sacrifice for their children, and many of those sacrifices are both necessary and meaningful. The problem begins when temporary sacrifices slowly become a permanent way of living. Health becomes something you'll focus on after life slows down. Personal goals become something you'll revisit when the kids are older. Hobbies disappear. Friendships become less frequent. Dreams are quietly placed on a shelf with every intention of returning to them someday.

For many people, someday never arrives.

I don't believe that happens because parents stop caring about themselves. I believe it happens because they care so deeply about everyone else. They become so committed to helping the people they love that they slowly convince themselves their own growth can wait. It feels responsible. It feels selfless. It even feels like good parenting.

Unfortunately, it teaches a lesson that was never intended.

Children learn far more from the lives we live than the words we speak. They notice how we respond to stress, disappointment, failure, and uncertainty. They notice whether we continue learning or quietly decide we've become the person we're always going to be. They notice how we speak about ourselves, how we care for our health, how we treat other people, and whether we believe our own lives are still capable of growth. Long before children fully understand our advice, they begin absorbing our example.

That realization changed the way I began thinking about parents.

For years, I believed I was helping children overcome fear, comparison, perfectionism, and self-doubt. The longer I worked with families, however, the more I realized those struggles weren't unique to children. Parents carried them too. They simply looked different on the surface.

A child worries they won't make the team. A parent wonders whether they're succeeding in their career. A child compares themselves to classmates. A parent compares their family, finances, marriage, or accomplishments to everyone around them. A child becomes convinced one mistake defines who they are. A parent quietly carries decisions they made years ago, still allowing those moments to influence what they believe is possible today.

The circumstances change, but the struggle remains remarkably familiar.

That realization eventually became one of the most important ideas within this work. The Resistance Patterns are not children's problems. They are human patterns. They appear in adolescence, follow us into adulthood, and often remain unnoticed because they become so familiar that we mistake them for reality. The voice that once said, "I'm afraid to try out," slowly becomes, "I'm too old to start." The voice that once whispered, "Everyone else is better than me," eventually becomes, "Everyone else seems to have their life figured out except me." Resistance doesn't disappear as we grow older. It simply learns to sound more reasonable.

Recognizing that truth is incredibly freeing because it changes the way we see ourselves. Instead of wondering why we still struggle with confidence, fear, comparison, or perfectionism, we begin understanding that growth has never been something we graduate from. It remains a lifelong process, and every season of life invites us to continue becoming someone wiser, healthier, stronger, and more intentional than we were before.

Perhaps that's why I no longer believe your journey and your child's journey are separate.

Imagine what happens when your child comes home discouraged after a difficult day and, instead of immediately trying to solve the problem, you genuinely understand what they're feeling because you've experienced something similar yourself. Imagine the conversations that become possible when your child learns about comparison while you're learning to recognize it in your own life. Imagine how differently your family experiences failure when both parents and children begin seeing mistakes as opportunities for growth rather than evidence of inadequacy.

At that point, you are no longer teaching principles.

You are living them together.

In many ways, that is where the Ripple Theory truly comes to life. Growth stops flowing in one direction. Parents influence their children, children influence their parents, and the entire family begins sharing a common language built around understanding, courage, accountability, and growth. The conversations change because everyone is learning to recognize the same patterns, challenge the same assumptions, and move through the same obstacles together.

That is a very different picture than a parent simply enrolling a child in another program.

It becomes a family choosing a different way of living.

If there is one hope I have for every parent who finishes this guide, it is not simply that you believe your child can benefit from this journey. I hope you also begin believing that your own growth still matters. Not because becoming healthier, stronger, or more fulfilled somehow makes you more valuable, but because your family deserves the very best version of the person they already love.

Giving yourself permission to grow is not an act of selfishness.

It is an act of leadership.

It tells your children that adulthood is not the end of becoming. It reminds them that courage is something we continue choosing, resilience is something we continue building, and hope is something we never outgrow. Most importantly, it allows them to witness something every child deserves to see—a parent who believes that their best days are not behind them.

You may have picked up this guide because you wanted to help your child.

My hope is that you set it down believing something just as important.

Your child is worth investing in.

So are you.

Before You Go

Before you put this guide down, I'd like to leave you with one final thought.

When parents first walk through the door, almost every conversation begins the same way. We talk about their son or daughter. We discuss confidence, motivation, sports, school, friendships, anxiety, and all the things that brought them here in the first place. That's exactly where the conversation should begin because that's where a parent's heart naturally lives.

What always amazes me is where those conversations eventually end.

Somewhere along the way, parents stop talking only about their children. They begin talking about themselves. They recognize pieces of their own story in the very struggles they were hoping to help their child overcome. They realize that perfectionism didn't disappear after high school. Comparison didn't end with adolescence. Fear of failure didn't magically go away when they became adults. It simply learned to speak with a different voice.

That realization isn't discouraging.

It's incredibly hopeful.

It means your child isn't experiencing something abnormal. It means both of you are learning how to navigate what it means to be human. The circumstances may be different, but the journey is remarkably similar.

If there is one thing I hope you carry with you after reading these pages, it is this: your child does not need a perfect parent.

They need a parent who is still growing.

They need someone willing to admit mistakes, continue learning, ask for help, and believe that becoming a better person is a lifelong pursuit. They need someone who understands that courage is not something we eventually master but something we continue choosing, often in very ordinary moments that no one else ever sees.

Perhaps the greatest gift you can give your child isn't protecting them from every struggle they will ever face.

Perhaps it is allowing them to watch you face your own with honesty, humility, and hope.

If that happens, something extraordinary begins to take place.

Your child no longer feels like they are walking this journey alone.

Neither do you.

Growth stops belonging to one person and begins belonging to the family. Conversations become deeper. Grace becomes more common. Encouragement becomes more authentic because it is no longer something you simply give your child. It becomes something you live together.

That has always been my hope.

Not simply to help young people build confidence or adults become healthier. My hope has always been to help families discover a different way of living—one built on understanding instead of judgment, growth instead of perfection, and movement instead of fear.

Whether or not this work becomes part of your family's story, I genuinely hope these pages have reminded you of something that is easy to forget in the middle of everyday life.

Your child is not broken.

You are not failing.

Neither of you has to figure this out alone.

Both of you are still becoming.

And that means some of the best chapters of your family's story may still be waiting to be written.

If our paths continue from here, I look forward to walking that journey with you.

If they don't, keep moving anyway.

You'll be amazed where the next step can lead.