

Raising Sons and Loving It!

An ERQ™ Approach to Raising Healthy Boys
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When I Grow Up To Be A Man

“How parents raise their children will have a greater impact on society than the way they vote, the art they create, the books they read, the technological problems they solve, or the planets they visit in space.”
(Chuck Swindoll)

The Challenge of Growing Up Male:

The Uniqueness of Boys

The Crisis of Masculinity

What Is Your Precious Son’s #1 Need?

Why Are Emotions So Important?

1. Emotions are a significant part of _____ God designed us to be when He made us in His image.
2. There are long-term _____ and _____ consequences for boys who grow up in an emotionally-handicapped home.
3. Healthy emotional development is essential for personal and _____ success.
4. Understanding Emotional & Relational Intelligence (ERQ™)

3. Relational Awareness

Empathy
Accurate Relational Assessment
Effective Listening
Values Differences

4. Relationship Management

Communication
Conflict Management
Cohesion
Relational Flexibility
Collaboration & Teamwork

1. Self-Awareness

Emotional Self-Awareness
Emotional Literacy
Accurate Self-Acceptance
Self-Confidence

2. Self-Management

Emotional Self-Control
Anger Management
Self-Responsible
Optimism
Stress & Resilience

6 ERQ™ Steps for Raising Emotionally Healthy Sons

- Step 1. Cultivate his identity as an _____ .
- Step 2: Understand the significance of _____ emotions for spiritual, intellectual and relational growth.
- Step 3. Be aware of your own emotions.
- Step 4. Be aware of their emotional responses and _____ patterns AND recognize emotional events as a powerful _____ for intimacy and teaching.
- Step 5. Listen emphatically, validate their feelings and help them _____ label the emotion.
- Step 6. Set appropriate _____ while helping them discover healthy ways to express and deal with the emotion.

What Do Boys Need From a Dad?

- 1. Be _____
- 2. Be _____
- 3. Be _____
- 4. Be _____-Focused
- 5. Be a _____

What Do Boys Need From a Mom?

- 1. Accept and embrace the _____ of boys.
- 2. _____ honoring and respectable boundaries.
- 3. Learn _____ to communicate with your sons.
- 4. Teach them how to be _____.
- 5. Know that how _____ view men will say a lot to your sons about who they are as a male.

So Now What?

Oliver & Oliver, Raising Sons and Loving It!, Zondervan
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