

# The *CHANGEinsight*™ Program Beliefs

*We believe:*

1. Communities, parents and kids need to learn to support each other.
2. We are parents and we take this honor seriously.
3. As parents, our goal is to raise self-reliant, responsible and capable young adults by modeling self-respect, accountability, and responsibility in ourselves.
4. Healthy family interactions include conflict.
5. Everyone learns by doing.
6. Change involves hard work that is time-consuming and risky.
7. We change ourselves through a rational process of THINKING--PLANNING--ACTING.
8. Our thoughts, feelings and behaviors are interconnected.
9. Our success as a parent or person is not tied to our kid's choices.



10. Our support group's focus is to nurture positive change in its parents, kids and the community.

***CHANGEinsight***™  
a Program for Families