# NHA Core Methodology

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

| Stand 1 | Absolutely No! I refuse to energize negativity. | 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. |
|         |                                                 | Stories that illustrate Stand 1:  
|         |                                                 | - Toys-R-Us  
|         |                                                 | - Video Game Theory |
| Stand 2 | Absolutely Yes! I will super-energize experiences of success. | 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. |
|         |                                                 | Stories that illustrate Stand 2:  
|         |                                                 | - Video Game Theory  
|         |                                                 | - Baby Steps  
|         |                                                 | - The Toll-Taker |
| Stand 3 | Absolutely Clear! I will set clear limits and provide clear, un-energized consequences. | 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. |
|         |                                                 | Stories that illustrate Stand 3:  
|         |                                                 | - Video Game Theory  
|         |                                                 | - Basketball Game Story  
|         |                                                 | - Speed Limit Story |