




# Insight Into Action Therapy

**Matthew Christian, LCSW**  
**Craig James, LCSW, LSATP, MAC**  
(703)646.7664  
[www.insightactiontherapy.com](http://www.insightactiontherapy.com)


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## Developing Emotional Intelligence Not Indulgence

Dr. James A. Fogarty  
[www.drjimfogarty.com](http://www.drjimfogarty.com)

- What is Emotional Indulgence?
- Types of Emotional Indulgence
- How Indulged Children Act
- Indulged Kids as Adults
- Qualities of Mentoring Parents



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## Emotional Indulgence

- Giving as a Replacement
- Giving too Much Permission too Soon



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## Types of Emotional Indulgence

- Too Much Stuff
- Soft Structure
- Over-Nurturing



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## Emotionally Indulged Children

- ❑ Entitled
- ❑ Immature Behavior
- ❑ Lack Empathy
- ❑ Manipulative
- ❑ Not Self-Sufficient
- ❑ Need Constant Affirmation
- ❑ Lack Motivation
- ❑ No Boundaries



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## Emotionally Indulged Adults

- ❑ 71% Have Trouble Gauging How Much is Enough
- ❑ Inadequate Social Skills
- ❑ Poor Management
- ❑ Personality Disorders



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## Mentoring Parents

- Discipline is Learning & Earning
- Promotes Truth & Reality
- Conscious of Desired Outcomes
- Aware of Own Triggers



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## Quality 1

### Promote Unique Talents & Skills

- If You are Good at Everything You're Great at Nothing
- Knowing Weaknesses is Opportunity to Learn
- Realistic Understanding of Strengths & Limits

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## Quality 2

### Unconditional Love

- Emotional Sting of Discipline Teaches a Lesson
- Parenting Isn't a Popularity Contest
- Consequences of Misbehavior Creates Self Guidance
- Create a Secure Base
- If / Then... Appraisal

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## Quality 3

### Normal Emotions are Healthy Emotions

- Don't Sooth Painful Emotions With Things – Give Advice & Affection Instead
- Emotions have Messages which Lead to Development of Self
- Talk About Emotional Issues with a Peer then Your Child

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## Quality 4

### Wants versus Needs

- Boundaries Establishes Healthy Attachments
- Needs Preserve Life & Promote Relationships
- Wants are Luxuries
- Limits Create Safety & Balance

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## Quality 5

### Values

- Promote Values that Create Interdependency
- Acknowledging your Mistakes Creates Teaching Opportunity
- Making Amends Increases Empathy
- Helps Develop Conscience & Stabilize Relationships

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For More Information Contact:

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mchristian@insightactiontherapy.com

**Craig James**

cjames@insightactiontherapy.com

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