



“I Can’t” and Immediate Quitting

If your child gives up before starting, it’s not a lack of effort — it’s self-protection.

What this is

This is a threat response. The brain avoids tasks that feel tied to failure or judgment.

Why it shows up

- Fear of getting it wrong
- Confidence built on outcomes, not effort
- Past experiences of correction or pressure

What to try this week

1. Change the goal to **“start, not finish”**
2. Time-limit effort (2–5 minutes max)
3. Praise starting, not results

When to get support

If avoidance spreads to many areas, confidence needs rebuilding before expectations increase.

Recommended tools

- **Happy Core Program** (confidence + self-talk tools)
- **GOAT Book** (shame reduction + buy-in)

Avoidance fades when safety returns.

If this helped even a little, you’re on the right track.

When you’re ready, you can go one step further:

- [See related tools →](#)
- Talk to Kristin (10-min game plan call) →