

About the Author



Dr. Rick,
Parenta-Life Coach

Dr. Rick is the self-proclaimed world's leading authority on *Parentamorphosis*. His teachings have helped new homeowners everywhere come back from becoming their parents. A former sufferer, Dr. Rick's unique approach to overcoming *Parentamorphosis* has earned him a devout following and regional fame.

DR. RICK
WILL SEE YOU NOW

A Guide to
Un-Becoming Your Parents

Dr. Rick will see you now! Finally, your chance to sit down with the world's foremost *Parentamorphosis* expert. Each page of this handy guide is like a one-on-one session with the man himself, filled with the strategies, exercises, self-assessments, and good old-fashioned straight-shootin' advice you need to un-become your parents every single day. From making small talk with tollbooth operators (don't) to the dangerous lures of lawn care, this collection of bite-sized wisdom fits perfectly in your oversized cargo pants and will have you covered for almost any situation.

"I didn't fall asleep once."

ALLEN, BOISE ID

*"When I opened this book, I was my mom.
When I closed it, I was me."*

PHOEBE, CLEVELAND OH

DR. RICK WILL SEE YOU NOW | DR. RICK



DR.
RICK
WILL
SEE YOU
NOW

A Guide to
Un-Becoming Your Parents

By Dr. Rick, Parenta-Life Coach and Survivor

From the Author of UN-BECOMING YOUR PARENTS and PARENTAMORPHOSIS AND YOU

PRESENTED BY PROGRESSIVE

*"To become yourself,
you must first
un-become your parents."
-Dr. Rick*

To George and Rose,

Thank you for being the parents I always swore I wouldn't become, then became anyway. But then I un-became you and it led me to help others un-become their parents.

Always your son,
Rick, Parenta-Life Coach

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Eleven Letter Press
6300 Wilson Mills Rd
Mayfield, OH
44143, USA

ISBN 9780578992921 (hardcover) | ISBN 9780578992938 (ebook)



A Note From the Author

Being the world's foremost expert in *Parentamorphosis* is not what qualifies me to help you un-become your parents. What qualifies me is that I was a sufferer too. I bought my first home and before I knew it I was extolling the virtues of clover as a high-traffic lawn solution and explaining the difference between watts and lumens to random store patrons.

That's when I knew, I had become my dad.

Through the long and painful journey of un-becoming my father, I realized that if there was any hope for the millions of sufferers out there...that hope was me. The following pages aren't just an easy-to-digest collection of my learnings. It's a lifesaver I'm tossing into the torrid ocean of *Parentamorphosis*. So grab hold. I'm here to save you.

Dr. Rick

-Dr. Rick, Parenta-Life Coach

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01

Socializing

When you open your mouth, who's talking? You or your parents? In this section, we'll have a look at some common yet treacherous missteps.



Un-talk Like Your Parents

When you open your mouth, who's doing the talking? You or your parents?

The exercises in this section will help sharpen your non-parent talking skills.

LET'S GET TO WORK



What Should You Say?

1

When you pass a construction worker, what should you say?

- A) Workin' hard or hardly workin'?
- B) What we got here, box girders?
- C) Smile and nod because you don't know them.
- D) Fine piece of craftsmanship.

2

When greeting a barista, what should you say?

- A) Mornin', Chief.
- B) Howdy.
- C) Hidee ho.
- D) Small coffee, please.

Charting the Course

The following charts outline parental things you should stop saying in common social situations. Practice using the phrase in the right column instead.

REFERRING TO A FUNNY MOMENT

WHAT YOUR PARENTS SAY	WHAT YOU SHOULD SAY
It was a hoot.	It was funny.
It was a riot.	
I was in stitches.	
We had a good chuckle.	
I laughed and laughed.	





GREETING ADOLESCENTS

WHAT YOUR PARENTS SAY	WHAT YOU SHOULD SAY
Hey, slugger.	Hi.
Hey there, champ.	
How you doing, sport?	
Hey, big guy.	
How you doing, tiger?	



WHEN THE WAITER CLEARS YOUR TABLE

WHAT YOUR PARENTS SAY	WHAT YOU SHOULD SAY
Our compliments to the chef.	Thank you.
Clean plate club.	
We obviously hated it.	
Time for a nap.	
OK, twist my arm. Let's see a dessert menu.	



QUICK TIP



FROM DR. RICK

Giving Directions

You're not a 16th century explorer navigating the seven seas, so let's avoid using north, south, east, and west when giving directions. Stick to the basics like left, right, and straight. Your help shouldn't require a compass or the ability to read the sun.

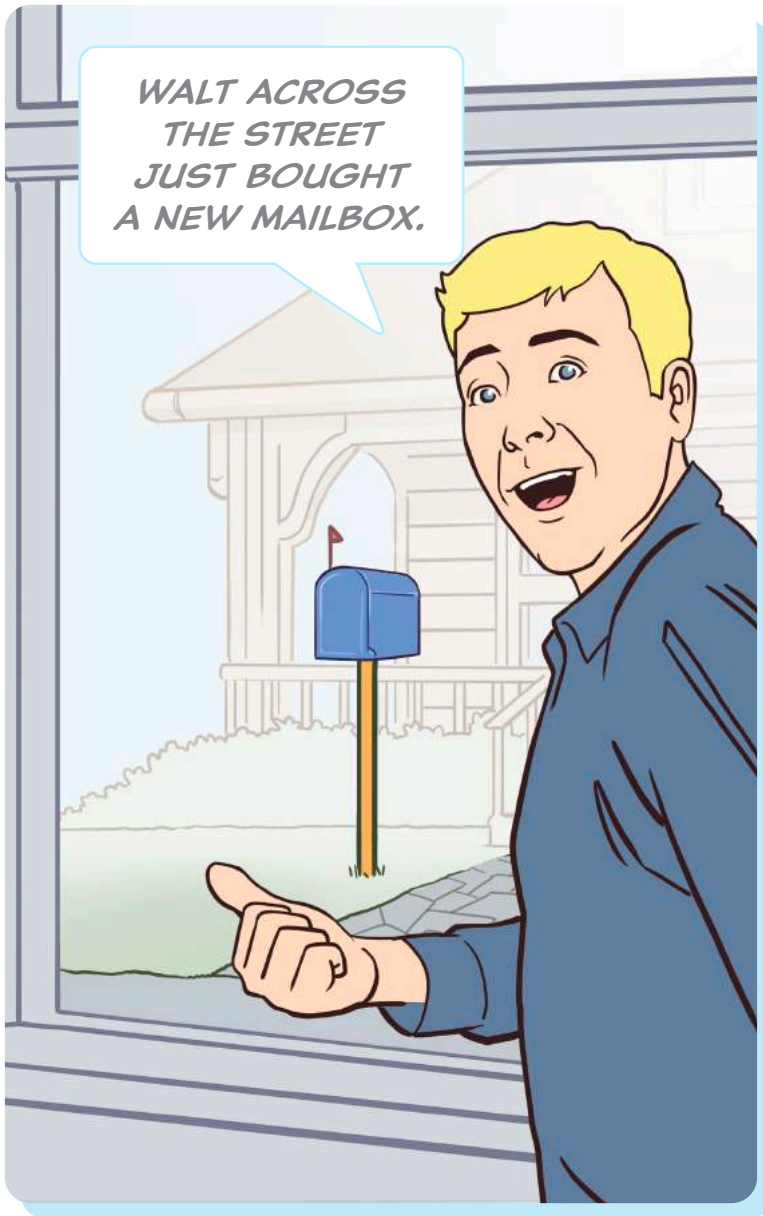
Telling Stories



Extraneous details do not make a story better. The opposite actually. So let's focus on trimming and get right to the point.

WE SAW THE MOST AMAZING THING YESTERDAY WHEN WE WERE WALKING BY BARBARA'S HOUSE, YOU KNOW THE BEIGE TUDOR WITH THE NICE HARDSCAPING? SHE WAS OUTSIDE WITH HER TWO BOYS, OLIVER AND QUINTON, SO WE STOPPED TO CHAT. QUINTON IS THE ONE WHO GETS EAR INFECTIONS FROM THE POOL, WHICH THEY'VE NEVER BEEN ABLE TO FIGURE OUT. AND HER NEIGHBOR DEBORAH WAS THERE, TOO. YOU KNOW DEBORAH — THE ONE WITH THE LITTLE TERRIER. IT KIND OF LOOKS LIKE THE DOG FROM THE SHOW I LIKE, BUT IT HAS MORE BROWN IN ITS COAT. ANYWAY, WE STOPPED TO TALK, BECAUSE YOU KNOW DEBORAH, SHE'S A TALKER. SO AS WE'RE ALL STANDING THERE, OLIVER, BARBARA'S SON WHO'S BEEN GETTING REALLY INTO TRAINS, LOOKS UP AND POINTS AT A BIG BIRD THAT WAS FLYING BY. SO WE ALL TURN AND WHAT DO YOU KNOW, THERE WAS THIS BEAUTIFUL, MAJESTIC BIRD RIGHT ABOVE US. AND WOULD YOU BELIEVE IT, IT WAS AN EAGLE!





Things That Don't Need To Be Announced

Avoid saying things that are not relevant to anyone in the room, things that you don't know enough information about, or things that no one will know how to respond to.

Other Examples

- I ran into Wendy from next door. She said her son has been getting really into tennis.
- I'm only eating one more cookie. Then I'm done with sweets for the night.
- Remote controls have way too many buttons.
- I'm going to grab my sweater.



QUICK TIP



FROM DR. RICK

Unsolicited Parking Help

As a general rule, if it's not your car, it's none of your business. You may think you're a knight in shining armor, but you're actually just some guy in a parking lot waving his arms around. If they needed your help, they would ask. And notice how no one ever asks.

Weather



The calendar on the right represents all the days that weather happens. It also represents all the days when weather shouldn't be your go-to topic of conversation.

ALL THE DAYS WEATHER HAPPENS

JANUARY						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEBRUARY						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

MARCH						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	28
29	30	31				

JUNE						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

JULY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEPTEMBER						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

OCTOBER						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

NOVEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOTE: If you thought “Hey, free calendar!” when you saw this, it’s a good thing you’re reading this book.

02

Physicality

Experts say that up to 93% of all communication is nonverbal. Is your body talking like a parent? Find out in the following pages.



A Stance at a Glance

You can dress well and say all the right things, but sometimes just the way you're standing can outshine everything else and signal you've turned into your parents.

Use this guide to know which postures pose the greatest risk of turning you into your parents.

LET'S GET TO WORK

Fig. 1



The Gladiator

Unless you live in the 3rd century and you're posing with a spear, get that hand off your waist and hold your phone like the non-parent you have the potential to be.

THE FIX: Stop doing this immediately. You didn't conquer anything. You're not a statue. Drop your hand. Relax your posture. You're not posing for a painting.

Fig. 2



The Leaning Tower of Dad

If there's a wall or a structure nearby, resist the urge to lean against it. You don't need help standing and neither does that building or pole.

THE FIX: Relax your shoulders. Relax your arms. Relax your legs. Just . . . relax in general. You're standing, not bracing for impact.

Fig. 3



The Coach

Benches are for sitting, not power-posing.

THE FIX: Put both feet down on the ground where they belong.

Fig. 4



The Lensman

You don't need to engage every single muscle group. The phone weighs 7 ounces, not 70 pounds.

THE FIX: Try using one hand. Try using one finger. Just try using your camera like a non-parent would.

Is a Noise Necessary?



Not all movements warrant a sound. Not everything is an announcement.



Sitting down



Standing up



Sipping coffee



Yawning



Do not lick your finger
when turning this page.
Or any page in this book.

QUICK TIP



FROM DR. RICK



Nap Traps

"Will people think I'm dead?" is a good question to ask yourself when choosing a place to take a nap. In this section we'll cover some of the more worrisome sleeping locations.

LET'S GET TO WORK

Fig. 1



Park Bench

If they were meant for four hours of REM sleep, they wouldn't be wooden and upright.

Fig. 2



Theater Seating

People are paying for the movie, not for your sleep apnea.

Fig. 3



Restaurant Booths

Unless you're a toddler, there's no excuse for falling asleep during a meal.

Fig. 4



Malls

The benches are for resting from shopping, not resting your eyes.

Fig. 5



Waiting Rooms

The only way to make a waiting room worse, is forcing people to watch you sleep.

Summary



Fig. 1
Park Bench



Fig. 2
Theater Seating



Fig. 3
Restaurant Booths



Fig. 4
Malls



Fig. 5
Waiting Rooms

Unless you've been hit by a tranquilizer dart, there's never a reason to nap in public. Let's try to keep our sleeping to beds and couches. And to be clear, beds and couches in your own home. A couch in public is not a loophole.



QUICK TIP



FROM DR. RICK

Stretching in Public

There is never a reason to stretch in public. You're a pedestrian, not a professional sprinter. No one is going to randomly challenge you to a 100-yard dash. If for some unfathomable reason you actually do need to stretch, find a private space. No one needs to see that.

03

Clothing & Accessories

You don't need to be a fashionista or a style guru ready for the runway. You just need to not dress like your parents. Let's explore some wardrobe watchouts.



Footwear

A common theme for parents is an obsession with functional footwear. Specialty shoes can be intoxicating and sufferers can often become disoriented and find themselves in strange shoes as a result.

In the following pages you will find the most popular shoe missteps you may have fallen victim to.

LET'S GET TO WORK

Chunky White Sneakers

Here it is. The flagship of all parental footwear. A tennis shoe on steroids. White, because it's you waving the flag that you've surrendered to *Parentamorphosis*. If you don't know about these already, we've got a long road ahead.

Fig. 1



Fig. 2



Walking Shoes

Remember, it's not a "walking shoe." It's just a shoe. All shoes are for walking. Unless you secretly belong to a "dress shoes only" basketball league, there is never a need for these.

Fig. 3



Multifunctional

Waterproof. Breathable. Sandal-like. Unless you're hiding gills and need to switch between land and water at a moment's notice, these are not features you need.

Fig. 4



Chunky Black Sneakers

Unless you're a referee, an umpire, or a ninja with bad arches, there's no reason for you to know this colorway even exists.

Fig. 5



Sandals with Socks

We should all know this one by now. It's sad it even needs to be included, but it does. It's either too cold for sandals or it isn't. Unless the store you're buying sandals in has complimentary socks for finding your size, this is a hard no.

Fig. 6



Suit and Sneakers

A trap for many commuters turning into their parents.
You're walking to the train, not training for a marathon.

Summary



Fig. 1
Chunky White Sneakers



Fig. 2
Walking Shoes



Fig. 3
Multifunctional

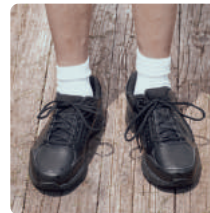


Fig. 4
Chunky Black Sneakers



Fig. 5
Sandals with Socks



Fig. 6
Suit and Sneakers

Beware of how function can overtake form when choosing footwear. It's important to take a step back and reassess...without those shoes on.



QUICK TIP



FROM DR. RICK

A Need for Knee Braces

Unless prescribed by your doctor, there's no need for a knee brace during yardwork. You're not an athlete trying to prevent injury. You're just a person trying to prevent crabgrass. If you're exerting yourself that much, you're doing it wrong.



Transitioning Away from Transition Lenses



Glasses are worn inside. Sunglasses are worn outside. There is no in-between that requires its own special tint.





QUICK TIP



FROM DR. RICK

Just Because It's Free

Free clothes and hats are tempting. But no one's wardrobe should be made up of swag they got at a booth. Just because "the price is right" doesn't make it right.



Should It Fasten?

Unless you're planning on skydiving or wearing all your clothes at a water park, there's no reason to attach all your accessories to your body. Just because you can strap something to your body, doesn't mean you should.

LET'S GET TO WORK

Fig. 1



Sunglasses

If you're wakeboarding, sure. If you're window-shopping at the hardware store, no.

Fig. 2



Phone Lanyard

It's a phone, not a backstage pass.

Fig. 3



Mobile Phone

Unless you're waiting for an important call while jumping on a trampoline, there's no reason to clip your phone onto your belt. You have pockets for a reason.

Fig. 4



Keys

If you have so many keys that they don't fit in your pocket, you're either a janitor or you need to get rid of some keys.

Fig. 5



Tools

Utility belts are for cape-wearing crime fighters, professional contractors, and officers of the law. Chances are, you're none of those things.

Summary



Fig. 1
Sunglasses



Fig. 2
Phone Lanyard



Fig. 3
Mobile Phone

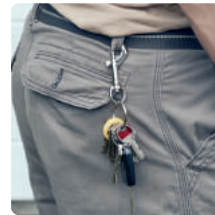


Fig. 4
Keys

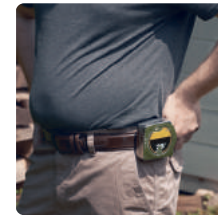


Fig. 5
Tools

Before fastening something to your body, assess whether you need consistent, immediate access to it, and also whether it might be better suited for your pocket. It is almost certainly better suited for your pocket.



QUICK TIP



FROM DR. RICK

Wind Pants

Pants should be seen, not heard. If you're raising your voice to speak over the swishing of your own pants, you should reassess. The only people who wear wind pants are football coaches and your parents. Odds are you're not a football coach.

04

Home

The home can be a place to relax and unwind. But it can also be the epicenter and catalyst of the worst parental behaviors. Let's take a tour of what to avoid.

Beware of Beige



Beige is a safety color and an indicator of how far down the parent path you are. If you own more than one item on this list in beige, you're in the right place.



Towels



Vase



Toilet



Throw Pillow



Figurines



Scented Candles



Car



Soap Dispenser



Wheaten Terrier



Candy



Seashell Thing



Paint



This Is Not Your Glass

So don't touch it. Just because a glass is unattended doesn't mean it's your job to clean it up or put it in the dishwasher. You don't need to ask whose it is or if they're done with it. Because it's not your glass. Pure and simple. And guess what? When you turn the page, this glass will continue to sit here. Maybe for eternity. And you're just going to have to deal with that.



Throw These Things Away, Now



Are you keeping any of these items around just in case you ever need them? You won't. So don't.



Plastic Containers



Misc. Buttons



Discarded Batteries



Receipts



Old User Manuals



Hotel Shampoos



QUICK TIP



FROM DR. RICK

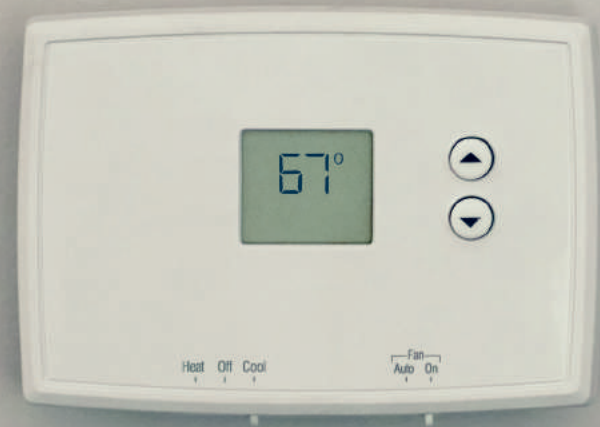
Decorative Soap

Soap is for washing hands, not creating scented seascapes or magical gardens. Shells and flowers don't say you have good taste in interior decorating. They say you are your parents, even in the bathroom. Let's let soap, be soap.



This Is Not Your Thermostat

This thermostat is none of your business. Just because you come across a thermostat doesn't mean you can touch it, or round it up to an even number, or wonder aloud what its owner's monthly electricity bill might be. It's not an invitation for advice or comment. It is simply a thermostat. And it is not yours. If you had the slightest urge to adjust this, then keep reading.





QUICK TIP



FROM DR. RICK

Aprons Are for Cooking

Aprons were designed to keep food off your clothes, not as a vehicle for terrible jokes and cheesy sayings. Nothing you wear should say to everyone around you "give me a wide berth unless you want to hear knock-knock jokes."

05

Media & Culture

This section will make you think about how your parents approach arts, entertainment, and technology. Then, help you do the opposite.



Holding a Cellphone

While non-parents have integrated cellphone use into their lives in a way that feels intuitive and natural, parents tend to approach cellphones like alien objects, interacting with them in ways that are strange and frankly make no sense.

LET'S GET TO WORK

Fig. 1



Speakerphone

Speakerphone is a useful tool for communicating with groups. However, the entire grocery store is a group that doesn't need to hear you make a dentist appointment.

Fig. 2



Index Finger

You're using a phone, not an ATM. You have opposable thumbs for a reason.



QUICK TIP



FROM DR. RICK

Tablet Photography

Just because tablets have the ability to take photos doesn't mean they should. There's a much smaller and less awkward option right there in your pocket, purse, or fanny pack. There's no reason to look like you're driving a car with a lunch tray steering wheel.

Watching TV



Watching TV can be enjoyable and relaxing. As long as we avoid a few parental habits.

Blocking the TV

If you can see individual pixels, you're too close. You're watching a BBQ cooking competition, not inspecting brushstrokes on a Renaissance masterpiece. Take a few steps back.



Armchair Announcer

While watching sports, there are people whose job it is to announce what's happening. You're not one of those people.



Familiar Faces

If you see someone you recognize on the TV, you don't need to tell everyone. They're on TV. No one is surprised that you've seen them before.





QUICK TIP



FROM DR. RICK

Passwords

If you were meant to keep your passwords out in the open, passwords wouldn't even be a thing. So let's stop acting like our parents and keep sensitive materials like this more secure than a grocery list or a reminder to water your plants.

Emojis to Avoid



Emojis don't always mean what you think they mean. To be safe, steer clear of all fruits and vegetables.

Looking forward to the farmers market later! 🍆🍎

Read 8:23 am



QUICK TIP



FROM DR. RICK

Plaques

Plaques can be full of great information about historical sites, statues, views, and art pieces. But remember, it's the plaque's job to disseminate that information, not yours. So let's read these in our head, not out loud. If people want to read it, they will.

How to Take a Selfie



Selfies are generally inadvisable. But if you're going to go through with it, there are a few simple steps you should follow to avoid catastrophe.

Step 1

Take out your phone.



Step 2

Make sure your camera is facing forward.



Step 3

Center yourself in the frame.



Step 4

Press the button.



TIP: You do not need any additional sticks or equipment.



Pronouncing Foods

You don't have to be a culinary expert, but you should be able to make it through an order without sounding like your parents in a foreign country. Here are some of the most common verbally butchered foods by parents.

AÇAI / *ah-sah-EE*

CHIPOTLE / *chi-POHT-lay*

ESPRESSO / *e-SPRES-oh*

FAJITA / *fuh-HEE-tuh*

GYRO / *YEE-roh*

KOMBUCHA / *kawm-BOO-chah*

POKE BOWL / *POH-kay boh1*

QUINOA / *KEEN-wah*

Onward...

You may be done with the book, but the work has just begun. What we covered is only the tip of the parent iceberg. Even I can't write a book that tackles all the dangers of *Parentamorphosis*. But what I can do is leave you with the most important lesson of all...

...You Are Not Your Parents.



You're not alone on this journey. Please feel free to contact me with any questions, concerns or suggestions. I will not respond to inquiries about book discounts or large-print versions.

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