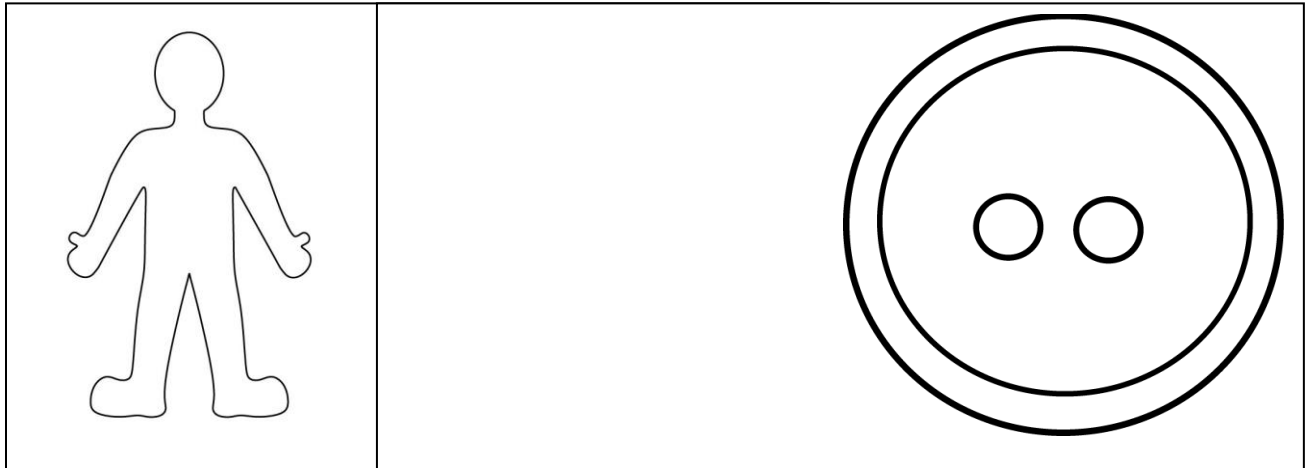


Complete the following...

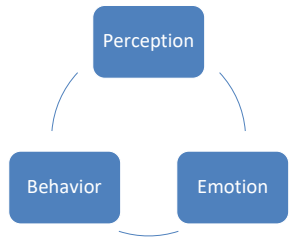
When my child doesn't behave, I _____
It annoys me when my child _____

Emotional Triggers

1. Recognizing signs that you've been triggered.
2. Identifying behaviors that have become triggers for you.



I can not change my perception unless _____



Positive Intent: Let's Practice!

Action	Negative Intent	Positive Intent	Adult Response
Child grabs a toy.	She is being rude.	She wanted a turn.	"You wanted a turn. Grabbing is hurtful. Say, 'Can I have a turn?'"
Child hits another child.	He's mean.	He wanted the other child to move.	"You wanted _____. Hitting is hurtful. Say _____."
Child pulls her brother's hair.	She is trying to hurt him.	She wanted _____.	
Child turns the TV off while the parent is watching.	He _____.		
Child _____.			