

The 4Rs

for reducing Yuck and improving children's behavior, moods, and attitudes

CASE STUDY: Child Melts Down When They Lose

REFLECT on the situation

Scenario: *I was playing a game with my daughter. She lost and started crying hysterically.*

WHERE YOU ARE: YOUR YUCK & VALUES

What is your chapter in this scenario? *I can't believe she is so upset! It's only a game. She's making a bigger deal out of this than it has to be.*

Why does this bother you so much?

She'll never learn to handle life if she can't even handle losing a game!

How does your Yuck affect how you respond? Does it help the situation?

Even though I'm worried, I get angry. It only makes her more upset.

What is your general level of Yuck, unrelated to this situation (1-10)? 4

***If your level of Yuck is 5 or above, I recommend addressing your Yuck first. Start with looking at the tools listed under the "REFLECT" training. Reach out to me if you need more help.*

How would you LIKE to be able to handle this if you were parenting from your values?

What would make you think you did a "good job" as a parent?

If I were parenting from my values, I would help her through her feelings rather than getting angry at her for them.

WHERE YOUR CHILD IS: THEIR YUCK

What is your child's chapter in this scenario? *She's thinking: I can't believe I lost the game! I never win anything. And I lost so fast too. Why can't I get far in anything? My mom always plays longer with my brother because he doesn't lose so fast. And now the game is over and she's going to make dinner...*

How are they having a problem, not being a problem?

She is struggling because she feels like she always loses... and loses quickly. Then she loses out on time with me too.