

CASE STUDY: Child Melts Down When They Lose

Identify **ROADBLOCKS**

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

What was your expectation in this scenario?

That she could handle losing maturely.

ROADBLOCKS FROM EXPECTATIONS

- My child hasn't been able to meet this expectation consistently in the past
- The expectation was not focused on what TO do
- The expectation is not consistently enforced
- When I enforce the expectations, I'm often doing it with lots of emotion (anger, judgment, etc.)

What is a realistic expectation you can enforce?

I can expect her to handle losing once I teach her how to calm herself down when she's upset. And I need to learn how to say this without dismissing her feelings.

SKILL-BASED ROADBLOCKS

Skill	This skill is needed in this situation	My child has NOT mastered this skill
Persisting in a boring task		
Handling transitions		
Problem solving		
Flexible thinking	✓	✓
Handle discomfort / cope maturely	✓	✓
Controlling their impulses		

Which skills might your child need to learn in order to be successful in this scenario?

She's upset, and she isn't sure how to handle it. And when she feels helpless, she's unable to regulate her emotions in a mature way... so she melts down.

YUCK-BASED ROADBLOCKS

Emotional Yuck:

They are in Yuck because they feel

- Disconnected
- Disrespected / misunderstood
- Incapable
- Out of control
- Worried that something bad might happen

Biological Yuck:

They are in Yuck because they are

- Tired
- Hungry
- Sick
- Their temperament and environment do not match

What Yuck might need to be addressed for your child to act and feel better?

She feels like she can't do better in the game. She feels like that means she'll get less time with me and there's nothing she can do about that. She's also likely hungry when we play right before dinner.