

REFLECT on the situation

Scenario: *My son was looking at a book when his younger sister came up and took one of his toys that he wasn't playing with. He started yelling at his sister that it was his and she needed to let it go.*

WHERE YOU ARE: YOUR YUCK & VALUES

What is your chapter in this scenario?

He's being incredibly rude! He's not even playing with that toy, but he doesn't want his sister to. And he was speaking to her so obnoxiously.

Why does this bother you so much?

He needs to learn to share... and be nicer.

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

When I think about it this way, I just yell at him. It only makes him more mean.

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

If your level of Yuck is 5 or above, I recommend reaching out to me for some tools to address that early in the process.

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?

I'd like to be able to help him speak more nicely to his sister.

WHERE YOUR CHILD IS: THEIR YUCK

What is your child's chapter in this scenario? *Hey wait! Why is she touching my toy?*

Doesn't she have her own stuff? She always gets into things that are important to me! And no one cares! They just want me to "be nice."

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

He feels helpless, and he doesn't know how to express how he's feeling.