

## REFLECT on the situation

Scenario: *My daughter was yelling at me because she couldn't find her homework. I told her where I thought it was, but she only got more upset and wouldn't look where I suggested.*

### WHERE YOU ARE: YOUR YUCK & VALUES

#### What is your chapter in this scenario?

*I am trying to help her find what she's looking for... and it just made her more upset. It turned out I was right; her homework was where I thought it was.*

#### Why does this bother you so much?

*It doesn't even make sense to me. Why won't she accept help when she clearly needs it?*

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

*When I'm upset, I just tell her how silly she's being - which upsets her more.*

#### 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 help her calm down and find what she's looking for.*

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### WHERE YOUR CHILD IS: THEIR YUCK

**What is your child's chapter in this scenario?** *I can't find my homework! And mom's trying to help, but it's flustering me more. I can't think straight and she keeps insisting that I listen to her... I just need her to leave me alone right now.*

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

*She's worried and overwhelmed and needs to calm down before she can get help.*