

REFLECT on the situation

Scenario: *I was singing with Alexis and we were having a good time. In one song, I didn't know the words and I substituted other words. When I did that, Alexis freaked out.*

WHERE YOU ARE: YOUR YUCK & VALUES

What is your chapter in this scenario?

Why is it such a big deal that I said some words wrong? Why did she get so upset??

Why does this bother you so much?

We were having such a good time and her upset changed everything. And it wasn't even over anything important.

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

Instead of me helping her through the situation, I make it worse.

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 her recognize when things aren't as big of a deal.

WHERE YOUR CHILD IS: THEIR YUCK

What is your child's chapter in this scenario? *It's so hard for me when people sing the wrong words... it messes up the song for me!*

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

She has a hard time when things don't go the way she imagines in her mind. It's really uncomfortable for her.