

# Script

## When Your Child Makes a Big Deal Out of Small Things

*Scenario: Alexis and her dad are listening to music and having fun singing together. Then Alexis's dad sings some lines of a song wrong, and Alexis gets incredibly upset.*

**Dad:** Alexis! Why are you so upset?

**Alexis:** You weren't supposed to sing it THAT way!

**Dad:** I'm sorry, I just didn't know the words so I made something up!

**Alexis:** Why did you DO that?

**Dad** starts to get defensive but then stops. He realizes that when Alexis is this upset and irrational, she is in Yuck. He knows that getting sucked in will make the situation worse, so he instead tries to see her point of view.

**Dad:** You don't like it when I use the wrong words.

**Alexis:** NO!

**Dad:** Yeah, when I don't do it the way it's supposed to go, it's upsetting.

**Alexis:** It's MORE than that!!

**Dad:** Do you want to teach me the right words?

**Alexis:** NO! I don't want to sing anymore. It wasn't even fun.

**Dad** knows that Alexis was having fun, but he doesn't say that to her. Because she's in Yuck, he doesn't respond.

**Alexis:** Did you hear me? I wasn't having fun.

**Dad** doesn't respond.

**Alexis:** Aren't you going to answer me?

**Dad:** Not yet.

**Alexis:** Why NOT?

**Dad:** Because I love you too much to talk and upset you more.

**Alexis** (less angrily): That's dumb.

**Dad** remains silent for a few more moments until he notices that Alexis doesn't seem as upset. At that point, he knows she's traveled the Curve and will be more rational and respectful.

**Dad:** Do you want to sing again?

**Alexis:** Yeah.

**Dad:** OK, Lex. But I need to be able to make mistakes if I don't know the words. Why don't you give me a sign when it's wrong though... and I'll try again?

**Alexis:** OK, fine.

**Dad and Alexis** start singing again and Alexis stays calm because she's no longer in Yuck.

Dad REGULATES himself

Dad addresses the REASON that Alexis is so upset. Instead of getting sucked in, he simply observes what he sees.

Dad lets her ROUND the Yuck Curve & doesn't get sucked in



### WHAT TO NOTICE IN THIS SCRIPT:

- **Alexis's dad does not engage too much** when Alexis is in Yuck.
- Even though Alexis is making a big deal out of nothing, he recognizes that that behavior is only a sign that she's in Yuck.
- Instead of defending himself, **Alexis's dad focuses on connecting with Alexis.**
- Alexis's dad **allows Alexis to release her big feelings** before addressing the issue.

Remember that proactive ROUTINES will help Alexis get less upset like this to begin with!