

# Examples of When-Then Statements

## Responding to Big Emotions

The 4R Response Method

**When my daughter is melting down because I told her she couldn't have something she wanted, then I will...**

To REGULATE

...repeat my mantra, "I need to share my calm, not get sucked into her Yuck."

...say to her, "You really wanted that new pair of shoes."

To address the ROADBLOCK

Then I will STOP TALKING, even as she is telling me why I'm so mean, and focus on the fact that even if she seems dramatic in the moment, she is a child who doesn't have mature coping skills.

To let them ROUND the Curve

**When my son is angry because he doesn't want to go to practice, then I will...**

...remind myself, "he feels out of control right now. He's having a problem, not being a problem."

To REGULATE

...say to him, "Soccer practice is NOT as much fun as going to your friend's house, and I'm making you go to practice."

To address the ROADBLOCK

I won't expect anything I say to calm him down. I know that will take time, so I'll let him just be upset. While he is angry, I will STOP TALKING and show him that even when he feels out of control, I AM in control, and I am a safe adult who won't get angry just because he is angry.

To let them ROUND the Curve

**When my daughter is disrespectful when I tell ask her to clean up, then I will...**

...look down at my bracelet that has a "peace" message on it to remind me to stay calm.

To REGULATE

...say, "You didn't want to clean right now, did you?"

To address the ROADBLOCK

Be firm and say, "Since I can't change the fact that you have to clean, let me know if you want some suggestions for how to make it more bearable." If she refuses or remains disrespectful, I won't remind her of all of the reasons I am right and she is wrong. Instead, I'll stay in the area but won't engage with her.

To let them ROUND the Curve