

BLOOM

50 Things to Say, Think and Do with Anxious, Angry, and Over-the-Top Kids



CHAPTER 6 Tell, Don't Yell

WHAT TO SAY

SAY

Your feelings matter to me, we can talk about how you feel.

SAY

Even though you are acting angry, I feel like you are sad and hurt. We can talk about that.

SAY

If our relationship were better, what would that look like to you?

SAY

What can we do together to be more peaceful?

SAY

Let's think about our energy level right now, are we needing to get some energy out?

SAY

When we bottle up our energy it can spill over, let's run in place and get some of that energy out.

SAY

Your anger is really **BIG** right now. What would help to shrink it down? Running? Jumping? Pushing against the walls?

SAY

You are angry. I can see how **BIG** your mad feelings are.

SAY

If we name your feelings we can tame them.

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WHAT TO SAY

SAY

You're using **BIG** fighting words.

SAY

Would your mad feelings fill this room, our house, or blow the roof off?

SAY

In our family, it's okay to be mad, but it's not okay to be mean.

SAY

Is your mad small, medium, large or **SUPER-SIZED**?

SAY

We can breathe in slowly for five seconds and out slowly for five seconds. This will calm us down.

SAY

Let's think of some ways you can say you're mad. What words do you think might work for you?

SAY

Are your mad feelings the size of a little puddle, a lake, a river, or an entire ocean?

SAY

Perhaps it's time for some meditation music, that can help us both calm down.

SAY

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WHAT TO THINK

THINK

My child is telling me he cannot handle his emotions right now.

THINK

My job is to show my child a better way to deal with strong feelings.

THINK

I do not need to match my child's emotional intensity.

THINK

It's my job to help my child replace his over-the-top expression with words and behaviors that will serve him better.

THINK

My child is looking to me for a good example of how to handle frustration, anger and disappointment.

THINK

I'm able to handle whatever behavior my child throws my way.

THINK

I won't let my own anger get the best of me.

THINK

I can be angry and still stay calm.

THINK

This situation only has as much power over me as I give it.

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WHAT TO THINK

THINK

My response will determine the outcome of this.

THINK

I'm the person in the bigger body, with the bigger brain. I can deal with this.

THINK

I am showing my child how to handle uncomfortable emotions.

THINK

Helping my child identify if he needs to let his energy out or calm it down is a skill that will last a lifetime.

THINK

Simply helping my child name his energy state will bring him the power of awareness.

THINK

This challenging moment won't last forever.

THINK

This is the opportunity for me to consider my child's needs first.

THINK

I'm in charge of my own reaction.

THINK

I'll practice identifying and taking responsibility for my own feelings so I don't take them out on my child.

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WHAT TO DO

DO

Look at your part in the explosions, what can you do differently?

DO

Choose not to have an emotional reaction to your child's intensity.

DO

Offer to do an activity with your child, even something brief like taking the dog for a walk outside can shift the brain into a place of peace.

DO

Know that as you model staying calm while you talk with your intense child, it shows your child he can do the same.

DO

Breathe through your own anger and keep the volume on your voice down.

DO

Model a sense of calm. If you keep your cool, your child has a better chance of doing the same.

DO

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WHAT TO DO

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Use a calming skill such as music, exercise, meditation or yoga yourself.

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DO

Manage your own reaction to best help your child.

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DO

Have a list of “let our energy-out” and “calm our energy down” activities ready to put into action.

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DO

Own your own feelings of upset. Do not let your feelings take control of you.

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