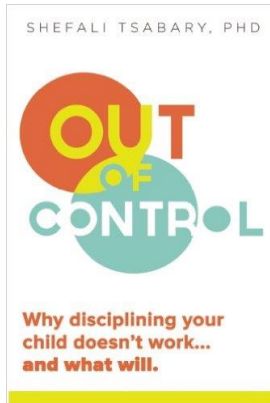


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actYOUlization worksheet



Out of Control

Why disciplining your child doesn't work... and what will.
BY SHEFALI TSABARY, PHD –NAMASTE PUBLISHING © 2013, 2014

The key to effective parenting is to turn the spotlight away from the child as behaving badly to our own badly behaving emotionality. Unless we identify and untangle our emotional patterns we will unwittingly foster dysfunctional behavior in our child.” ~ Shefali Tsabary

Honor Thy Child

1. What does your child do that upsets you the most? Look for the feeling, behind their behavior. How can you show them you understand their feeling, yet you don't accept their behavior? Remember “The point about feelings is that they don't have to make sense, don't need to be justified and don't require our approval. Because we are so oriented to intellectualizing we want to explain feelings away instead of allowing children to simply experience them.” ~ Shefali Tsabary

2. Instead of using punishments, threats, bribes and manipulation can you think of a cause and effect consequence for your child's behavior? Remember the when-then strategy. Example: When you throw a fit, then we have to leave the store.

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3. What movie are you playing in your head? What is the role your child is “suppose” to be playing? Did your child consent to this role? For example, you want your child to play football but they have no interest in sports.

4. How do you over identify with your child. For example, do believe that their grades or performance is a reflection of your own intelligence or abilities?



Tip Alert:

When you are feeling overwhelmed and triggered by your kids pretend you are in a crowded room, or on camera and you will react more calmly.

Check out Dr. Tsabary’s website: <https://drshefali.com/>