

CREATE YOUR OWN MANTRA:

Circle the numbers that represent two things that you feel the strongest while your child is experiencing uncomfortable emotions:

1. I feel like it is an emergency, I want it to stop right away.
2. I have a hard time not taking it personally, I feel like my child is trying to give me a hard time.
3. I don't feel I am capable of sitting through my child's discomfort.
4. I feel the urge to make my child feel happy & rescue them from their pain on the moment. I tend to change my mind according to how my child feels.
5. I feel like I need to reason with my child & show them why they are feeling the way that they are makes no sense.
6. I feel extremely overwhelmed & it feels very hard for me. Emotions scare me.
7. Add the way you feel here if it's not part of this list: _____

CREATE YOUR OWN MANTRA:

According to the numbers that you circled, choose the matra that goes hand in hand.

1. This is not an emergency. We are all safe.
2. My child is not trying to give me a hard time, they are having a hard time.
3. I am capable of sitting through this moment. It's going to pass. I can do this.
4. I don't need to change my mind. My child can feel upset about this.
5. I will discuss this later, there is no access to any logic during emotions.
6. I am working on not being afraid of emotions. Emotions are simply emotions. This is hard work!
7. The words you need to hear: _____

Combine them to create your own personalized mantra:

Tell yourself this mantra when you are on the moment as a self reminder. You got this!