

PARENTING THROUGH STRONG EMOTIONS



Session 3 Handouts

Fine Tuning Emotional Needs






Emotion Coaching So Far

Emotional Need Cheat Sheet

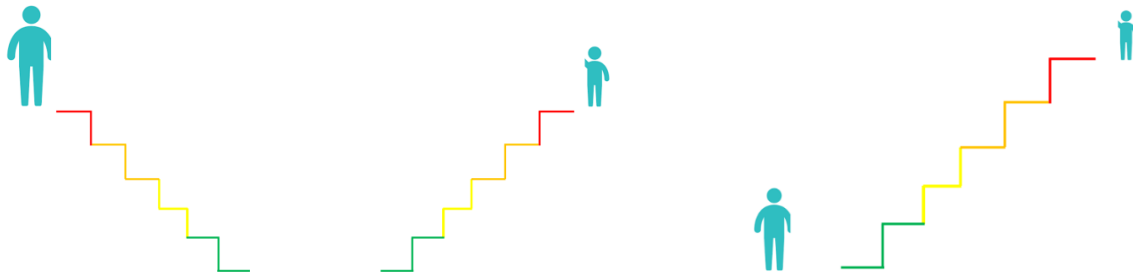


Intersect
Youth & Family Services

Fine Tuning: Emotional Needs

<p>Coaching “from head”? I.e. as a strategy?</p>	<p>Coach from a genuine grounded and caring place - anywhere “below the neck.”</p>	
<p>Different tone and volume from child’s?</p>	<p>Match TONE and VOLUME (through <u>empathy</u>, not your own emotion) with child’s. This appeals to the right emotional brain, which is the target until down the staircase.</p>	<p>Oh honey, you're scared!</p> <p>Woah! I can see why you're scared!</p> 
<p>Identified correct problem during validation? Does the emotional support match?</p>	<p><i>Really get in child’s shoes.</i> Be a detective – do the puzzle pieces match? If not, go back.</p>	
<p>Validated enough before moved on?</p>	<p>If problem is not fully expressed, need will not be able to be fully met. *Remember: validation is NOT agreeing, it is expressing the child’s perspective.</p>	
<p>Staying stuck in completing process with original emotion only?</p>	<p>Emotion Whacamole: Emotions often operate in layers. Once you validate the presenting emotion, another may likely surface – restart process with new emotion. *Core emotions will continue to be active and so will corresponding behaviours – until coached, so the time and energy investment is worthwhile!</p>	

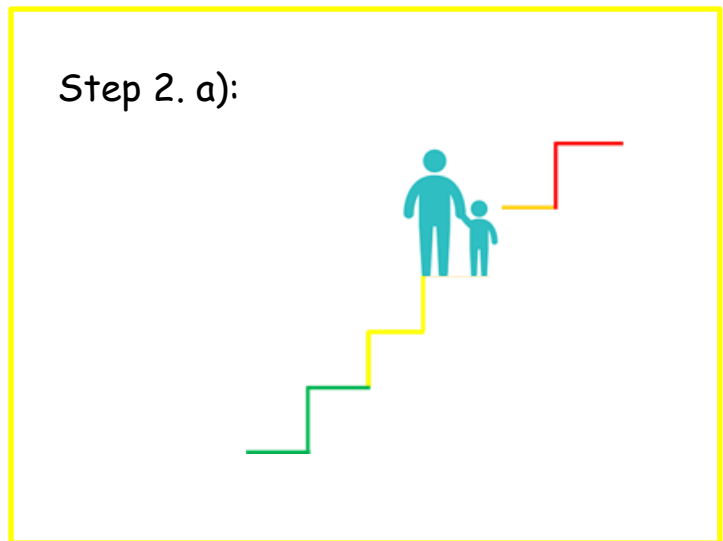
Start Here:



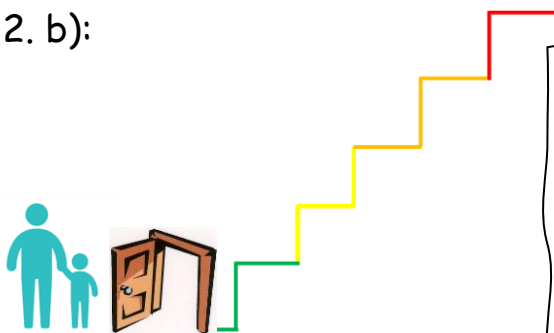
Step 1:



Step 2. a):



Step 2. b):



Right away:

- Prevent escalation
- De-escalate / "regulate"
- Promote cooperation

Over time:

- Develop self-regulation capacities
- Cultivate secure relationship

Emotion Coaching (so far)



1. Validate



a) Label experience.

I bet you feel/think/want _____,



Identify and "clean" wound.

2. a) Meet emotional need



Statement of:

- Comfort
- Reassurance
- Togetherness
- Hope
- Belief

What does your child need from you right now?

Help wound heal / walk down staircase.

Emotional Need Cheat Sheet:

Emotion	Context	Need	Example
<i>Hunger</i>	<i>Lack of nutrients</i>	<i>Food</i>	<i>Provide meal/snack</i>
<i>Sad</i>	<i>Loss</i>	<ul style="list-style-type: none"> <i>Connection</i> <i>Honoring loss</i> 	<ul style="list-style-type: none"> <i>Hug</i> <i>Ceremony</i>
<i>Anger</i>	<i>Violation of a want or need</i>	<i>To be heard</i>	<ul style="list-style-type: none"> <i>Respect/acknowledgment</i> <i>Boundary</i>
<i>Shame</i>	<i>Doubt of self-worth / belonging</i>	<i>Belonging</i>	<ul style="list-style-type: none"> <i>Quality time</i> <i>Unconditional love/care</i>
<i>Guilt</i>	<i>Realization/belief of wrong-doing</i>	<ul style="list-style-type: none"> <i>Repair</i> <i>Forgiveness</i> <i>Belief/trust</i> 	<ul style="list-style-type: none"> <i>Support repairing</i> <i>Statement of belief or trust in child</i>
<i>Fear</i>	<i>Danger</i>	<i>Safety</i>	<i>Protection</i>
<i>Anxiety</i>	<i>Scanning for (future, imagined) danger</i>	<ul style="list-style-type: none"> <i>Focus on present</i> 	<ul style="list-style-type: none"> <i>Grounding/relaxation</i> <i>Check out if there really is danger (exposure)</i> <i>Prepare for probable and controllable future danger (i.e. study for test)</i> <i>Tolerate uncertainty (cultivate faith)</i>