

## Are your Emotions and Behaviours Helping you and your Child?



1. Write down something that happened recently where you became extremely upset with your child.

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2. Indicate how you felt — and how strongly you felt about it — by putting a check next to the feeling, and rating its intensity Moderate or High (M or H).

angry  <sup>M or H</sup>  anxious  <sup>M or H</sup>  down  <sup>M or H</sup>

3. Write down what you did (how did you behave?).

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4. Was your behaviour helpful? Did it help solve the problem in the short term?  yes  no

Did your behaviour help solve the problem in the long term?  yes  no

Did your extreme feelings help you to think clearly and solve the problem or deal with the upsetting event?  yes  no

Did your behaviour help to keep your communication open with your child?  yes  no