

Dealing with

TANTRUMS,

TEMPERS,

&

MELTDOWNS

Consciously.



WHAT IS YOUR TEMPER TIMELINE?



WE'VE ALL LOST OUR TEMPERS SOMETIME.

Be it when we were little or yesterday, I don't think there's one person on earth who hasn't occasionally lost it.

In order to dive into the true motivation and perspective of your child when they are in a temper or tantrum, the first step is to understand how it feels to be in meltdown mode. In the worksheet on the next page dive past what you see in a temper... and start to ask yourself,

How does it feel? How do you experience it?

What is your build-up...

What is your recovery process?

YOUR TEMPER, TANTRUMS OR MELTDOWNS

DIVE IN DEEP...

The worst tantrum of mine I remember was...

I felt like....

I reacted to this feeling by?

The build up created this feeling in me.

I had to do this to start to feel better....

An indication of my temper is when I....

When that happens, I do this to calm down.

