

*Dealing with*

**TANTRUMS,**

**TEMPERS,**

**&**

**MELTDOWNS**

*Consciously.*



# YOUR WHY

## **WHEN YOUR CHILD HAS A TEMPER TANTRUM THEY ARE IN AN EMOTIONAL STORM...**



Your why isn't about their why or how they got there...

Rather it's the Why of your response.

Since you have enrolled in this course, its safe to say that you are wishing to shift how you deal with tantrums or tempers to be more aligned with your true self.

Often there are a range to whys for not being centred in a storm. These can include:

- Social judgement.
- Feeling like a failure as a parent.
- Wanting your child to be happy.
- A sense of unpreparedness on how to deal with the emotions well, so wanting the storm to pass.
- Past trauma from how emotions were dealt with when you were little. (ie, how your parents dealt with your tantrums.)

Let's dive into where your reaction comes from and what has been born from knowing what you don't want!

# YOUR WHY...

**WHEN MY CHILD IS IN A TEMPER I REACT HOW I DO BECAUSE...**

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**I feel pressure to.....**

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**I want them to feel better quickly because....**

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**When I was little tempers were treated by/as....**

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**I want to feel.... when my child loses it.**

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**want my child to feel.... when they lose their temper....**

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**Because...**

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