

INTRODUCTION HOMEWORK

WHAT TRIGGERS YOU?

This week just observe the various situations with your child. At some point, choose one particular situation when you feel stressed or wish it would flow more smoothly, for example getting ready for school, in the car, doing errands, getting homework done, mealtimes, using the computer, etc. After a situation occurs that feels stressful to you, carve out 20 minutes of time to sit down alone in a quiet spot. Then answer the following questions in as much detail as you can. The answers will serve your own 'self-studentship', so be honest and as clear as possible. You'll be the one who gains from it! These questions are only about you, not about your child and their experience. You can keep your answers to yourself, or share them if you feel that would be useful.

1. What about this particular situation bothered you the most? How did you feel when things didn't go as you'd wished, or your child didn't behave the way you wished they would have?

2. What was your response? (Be specific.) Is this how you usually respond to this type of situation? If not, what is usual for you?

3. What did your child do in response to your actions? (Be specific - words, body language, actions, etc) How did you feel then?