

Week 5: Is this an emergency?

Recall a recent stressful moment with your child(ren).

1. Describe the event. What made it stressful?

2. Did you feel any urgency related to the event (a need to hurry your child, a fear that was based on an always/never statement, etc)?

3. Next: Was the urgency realistic? If not, what could you have noticed to make you feel more in control of the situation in that moment?

4. In the future, when a similar event occurs, what can tell yourself to reframe the situation?
