



ENDING *Knee Jerk Reactions*

**How to End Reactive Patterns & Step
into Cool, Calm Confidence as a Parent**

Cheat Sheet



Welcome to the Fresh Start Family



Hey there, I'm Wendy, positive parenting educator & family life coach ... I'm so happy you're here!

If you're ready to learn lots of new ways to approach defiance in a healthy way & redirect 'pushback' misbehavior effectively (with intention & integrity) you're in the right place!

This cheatsheet will inspire you, motivate you and give you insight into the incredible benefits of ditching knee jerk reactionary patterns as a parent, so you can respond to mistakes & misbehavior w/ cool calm confidence as a parent.

LET'S DO THIS!
~Wendy

Inside this cheatsheet you will find...

1. Key Takeaways Regarding Reactive Patterns
2. 4 Steps to Ending Reactive Patterns as Parents
3. Link to listen to episode 191 of The Fresh Start Family Show & watch mini-lessons about 4 steps
4. Episode 191 'Note Taking' & Reflection Pages
5. Information about Freedom to Be Program



Ending Knee Jerk Reaction Patterns

A Cheatsheet w/ Key Takeaways & 4 Steps to Take Action

You're not alone if you often get stuck in a destructive pattern of reactive cycles as a parent and then realize - "shoot, I'm modeling for my kids what I DON'T want them to do when they get frustrated in their own lives."

This is in itself, enough motivation for most of us to help get the support we need to end the patterns that are no longer serving us.

When on a journey to end knee jerk reactionary patterns as a parent, keep these things in mind:

- Having an open and compassionate look at ourselves will influence positive change in our kids' misbehaviors more effectively
- We have a reason for closing down, but we often use that reason to behave in a way that is ineffective or that leads us to feel badly about ourselves as parents
- When we act in ways we later regret, the trigger is the things we want to address (not the behavior that triggered you)
- Blaming ourselves is still blame, but it is not actually taking responsibility & creating future change
- Shame is attaching who we are to our mistakes / shortcomings
- The opposite of shaming ourselves is not euphoric acceptance. Aim for neutral awareness & from there you can start creating change.
- When we were younger, the only thing we could control was our feelings, so we thought the feeling was the problem and tried to protect ourselves from it (the feeling is NOT the problem)
- Blame isn't the problem (it's just a symptom) & isn't good or bad, right nor wrong
- Learn how to hold space and listen to others past the place of discomfort & you'll naturally start to decrease knee jerk reactions



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4 Steps to End Reactivity:

1. Get Rid of Shame

·Guilt is when you have regret & wish you would have done something different. Guilt is healthy & can motivate us to create positive changes in our life.

·Shame is when you think thoughts like “What’s wrong with me?”, “I’m a bad Mom”, etc. Shame is NOT natural, is unhealthy & can create toxic patterns in our life when it comes to reacting to challenging situations. Learning HOW to rid shame from our lives is essential to ending knee jerk reactions.



2. Resolve & Heal from Trauma

·Most grown adults experienced some kind of trauma as children & definitely emotional wounding of some sort or another. So many never take time to look at trauma they still may have open wounds from.

·Healing through feeling (learning HOW to fully experience & move emotions through your body) is one very effective way to resolve & heal from trauma.



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4 Steps to End Reactivity (cont'd)

3.Ditch the Blame

- Blame keeps us stuck in cycles of disempowerment & often leads us to live with a victim mindset that keeps us stuck in cycles of NOT getting what we want, whether it's in our parenting, marriage, career, etc.
- Learning to take responsibility for our own tones, communication, and behaviors that may be causing the people we love to NOT want to cooperate with us is one of the most powerful ways to end knee jerk reactionary habits!

4.Develop Holding Space Muscles

- Conflict can be uncomfortable & many people tend to run from conflict or want to fix it fast with unhealthy knee jerk tactics (interrupting, blaming, yelling, fixing, shaming, etc.). Learning how to listen to understand (not answer) & assume integrity when solving a problem or facing a challenge with someone helps end knee reaction patterns.





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Click >> HERE <<
to listen to
Episode 191 of
The Fresh Start
Family Show



4 Steps to Ending Reactive Patterns
as a Parent with Pam Dunn

Click >> HERE <<
to watch or listen
to mini-lessons on
the 4 steps
covered in this
cheatsheet

End Knee-Jerk Reactions
STEP 1
CLICK HERE



End Knee-Jerk Reactions
STEP 2
CLICK HERE



End Knee-Jerk Reactions
STEP 3
CLICK HERE



End Knee-Jerk Reactions
STEP 4
CLICK HERE





An online parenting & family life coaching education company providing courses & support programs for busy parents looking to be firm kind leaders in their home & raise their children with connection, enjoy healthy marriages & thrive as humans (raising little humans).

Next Steps:

Join us ONLINE on October 14th & 21st for our Freedom to Be – Personal Development / Life Coaching Course



In the Freedom to Be Course, you get both...

- the heart and soul (spirit side) of ending limiting belief cycles & healing from past experiences (& stories) that are keeping you stuck in negative - knee jerk reaction cyclese
- The step by step logistics (strategy side) of changing your unhealthy behaviors, unproductive tones, negative self-talk & broken communication cycles into healthy ones you're proud of & that actually work to make you feel proud of the way you handle yourself each day ** (no matter what kind of challenges get flung your way)

Learn More at: www.FreshStartFamilyOnline.com/freedomcourse



About Wendy ...

CERTIFIED POSITIVE PARENTING EDUCATOR & FAMILY LIFE COACH

Inspiring parents to learn & grow through connection-based firm & kind strategies. As the host of The Fresh Start Family Show & Founder of Fresh Start Family, Wendy helps parents ditch the threats, yelling & harsh punishments so they can live life as a joyful & confident parent (with kids that listen & cooperate great).

