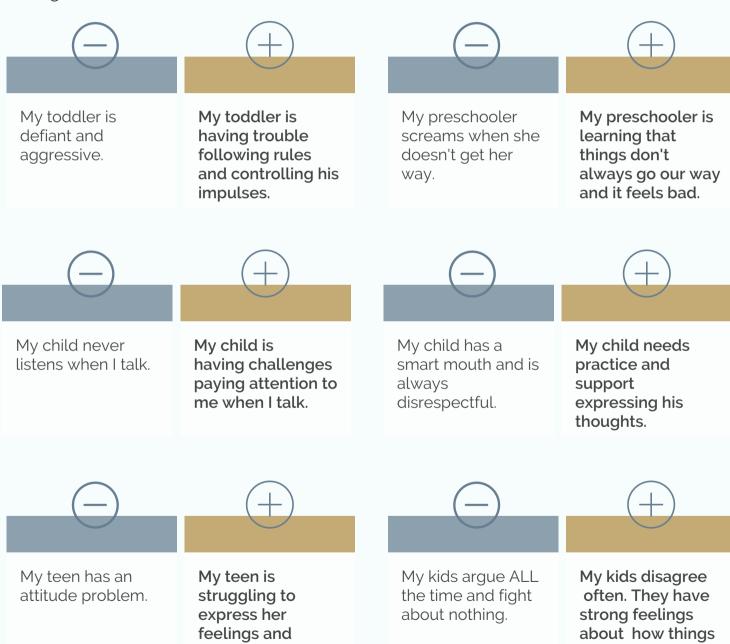
OREFRAMING BEHAVIOR

Behavior is a communication. Changing the way you communicate with your children starts with changing the way you speak about their behaviors. These examples contain a fear-based statement about typical behavior challenges and a conscious reframe to help you shift your perspective and remove the negative charge by stating the problem without blame, shame, judgment, or guilt.



should go.

opinions.

REFRAMING BEHAVIOR

Practice: Think of the behaviors your child exhibits that you find most challenging. Without censoring yourself, write a sentence to describe the behaviors and enter it into the negative (-) column. Using the model in the examples above, rewrite the behavior challenge without blame, shame, judgment, or guilt in the positive (+) column.

