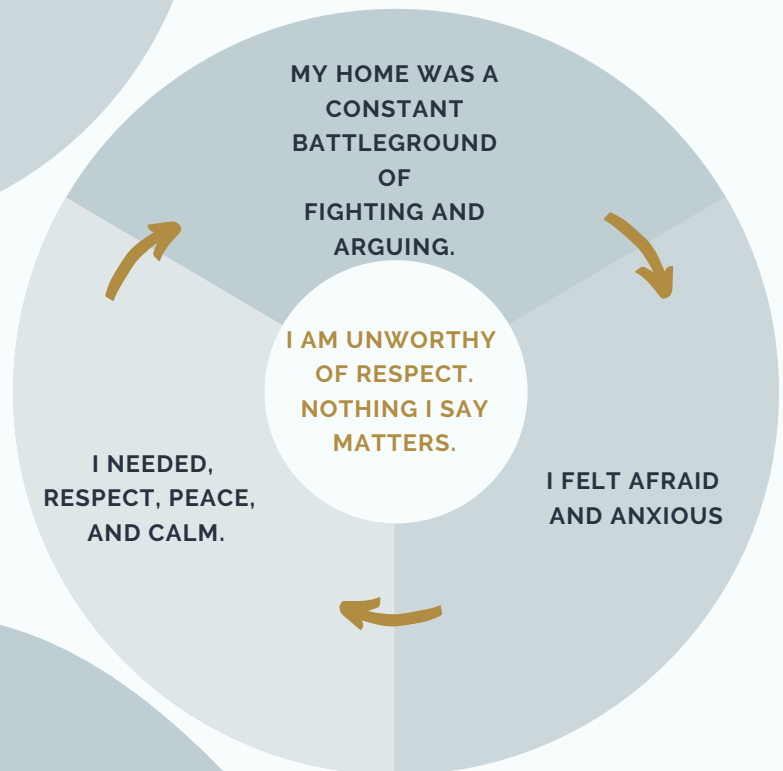
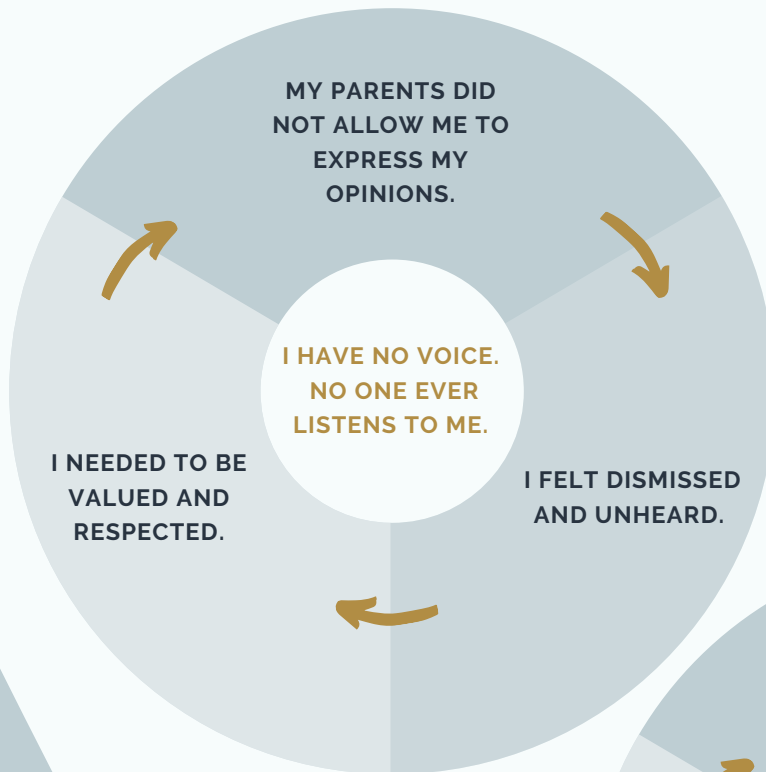


BELIEF SHAPING

What experiences have defined your perspective? Unresolved emotions create unconscious patterns of needing to control the outside to make the inside feel better. But recognizing the root cause of our anger is a step toward clearing our triggers and increasing our tolerance. Use the examples below to complete the exercise on the next page.



BELIEF SHAPING

Investigate Your Beliefs: Think of situations where you felt the need to force your child to comply or change their behavior. Name the conflict and the needs and feelings that might have been motivating your actions in the situation. Then try to recall any memories or painful experiences and list any unconscious beliefs in the inner circles, which could be influencing your actions now.

