

# HABITS & GOALS

How do you react to your child's behavior most often? Choose ONE behavior or conflict that is most challenging for you right now.

**MY BIGGEST CHALLENGE IS...** \_\_\_\_\_

## THOUGHTS

What thoughts come to mind about yourself or your child when this challenging situation occurs? Write down any automatic thoughts you have.

## FEELINGS

How does this challenge make you feel? Write down any feelings you have when you experience this situation with your child.

## ACTIONS

How do you react most often to this challenge? What steps do you take to handle the behavior or conflict? Write down any actions you usually take to resolve the situation.

## SETTING GOALS

*What do you want to change most?*

Set an immediate short-term goal + 2 long-term goals.

**Consider:** What behavior patterns (thoughts-feelings-actions) are most difficult for you to navigate? Do you criticize or judge? Is it hard to self-regulate your emotional responses? Do you yell in anger? Is it challenging to stay calm when your child isn't? Do you negotiate or over-explain limits?



# GOAL SETTING

**Goal Setting Tip:** Make S-M-A-R-T goals. Make them *specific, measurable, action-oriented, realistic, and time-based*. Start small and build up. For example, maybe you want to decrease yelling in the next six months, but your 10-day goal is to stay calm using a sensory tool at least four mornings per week.

## 10-Day Goal



## 6-Month Goal



## 1-Year Goal

