

NAME IT, TO TAME IT

TEACHING YOUR CHILD, TO WORK THROUGH THEIR EMOTIONS



Name the Emotions

I am feeling _____ right now

(Ex: Angry, Sad, Tired, Hungry, Scared, Worried, Disrespected)

The feeling makes me want to

(Ex: punch something, lash out, say mean things, withdraw, run away, lose trust, give up)

Why Behind It..

What happened



Where was the child, who else was there, triggers, grief reasons

Challenge the Emotion

Was my _____ (feeling) appropriate to the situation?

- Can I control the outcomes?
- Can I tolerate this or set good boundaries?
- What are my healthy coping skills?

(Ex: deep breaths, ask for help, positive affirmations)

Behavior & Thoughts

What did I do, when I started feeling this way?
(actions)

The thoughts I had were _____

Ex: "I'm not good enough", / "they don't like me." / "I'm not cared for"

DR. DAN SEIGEL'S 'NAME IT TO TAME IT!' ACCORDING TO DR. DAN SIEGEL, A PROFESSOR OF PSYCHIATRY, THE CONCEPT OF "NAME IT TO TAME IT" CAN BE ONE OF THE MOST EFFECTIVE STRATEGIES TO USE WHEN FACED WITH AN UPSET CHILD.