

# CHALLENGING BEHAVIOR WORKSHEET



## Set the Stage:

Describe the what happens as if you are watching a National Geographic special, with you on the outside of the scene, as the camera operator.

1. What does your child do?

2. Still describing what happens as if you are watching that nature documentary, how do you respond to your child's behavior?

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## Identify Your Thoughts & Feelings:

3. As you review your response to the behavior your child is displaying, what is the main emotion that you are feeling in that moment when you respond to the behavior?

4. What thoughts are you having just before you respond to your child's behavior?

5. What thoughts are causing the emotion that you are feeling as you respond to the behavior?

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## Your Best Self:

6. Think about an activity or event where you had the thought that you were parenting as your best self, or that you were really doing a good job as a parent. Recall how that felt in your body. What was the main emotion you experienced at that time?

7. If you were to respond as your best self— that is, if your response to this behavior gave you the same emotion as the activity or event you just thought about in the last question, because you knew that you were parenting as your best self— how would you respond to your child's behavior?

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## Your Action Strategy...

There's good news and bad news. That's the human experience, after all.

Bad news first: your child will give you an opportunity to try out an action strategy. I can 100% guarantee that you will get a front row seat to a performance of the behavior you described in question #1.

### Here's the good news:

**Your action strategy is simple. You count on your child's behavior happening. You prepare for it. If there is a time of day it usually happens, you remind yourself 30 minutes before that time of day starts. And then...**

**Whatever you wrote just above this heading in question 7?**

**That's what to do. Your brain's already given you the strategy to use. Simple. Foolproof. Effective.**

One last word of support: Don't mistake simple for easy. This is a new strategy, not an often repeated habit. It's normal and human to move into old patterns.

Brains do that. If you find that you aren't following your strategy, stop what you are doing— mid word, if you have to, and go back to your new strategy.



**It's my mission to support parents in creating calm, empowered relationships for their families.**

**Let's talk! Schedule a free call with me at  
<https://stellakevansmd.as.me/>,  
Want more free resources?**

**Want to know that you aren't alone in parenting a child who needs extra support?  
Download tip sheets and read my weekly blog at [www.stellakevansmd.com](http://www.stellakevansmd.com)**