

PRACTICAL WAYS TO TAME YOUR TEMPER



PRAY

- God, give me wisdom and compassion.
- Lord, help me forgive and let go of my anger.
- Father, give me Your heart for my child.



NAME YOUR FEELINGS

"I'm feeling really... (angry, frustrated, overwhelmed, anxious, discouraged, hurt...) right now."



RECITE A SCRIPTURE OR MEMORIZED PHRASE

- "God is here. God's grace is for me!"
- "Breathe in God's love, breathe out God's peace."
- "Ah, I love this kid!"
- "God made you."
- _____ (your phrase)



BUY TIME (if safety isn't an issue)

- Approach your child slowly.
- Talk slowly.
- Take a step backward instead of charging in.
- "We're all pretty upset. Let's talk about this later when we can solve it better."
- "I need some time to think. I want to make sure the consequence for this is truly helpful for you."



WALK IN YOUR CHILD'S SHOES

- What's it like to be my child right now?
- What is my child feeling right now? Have I ever felt similar emotions?
- What's important to my child?



LOOK FOR THE OPPORTUNITY

What opportunities are there in this situation, for unconditional love or building life skills?



WHAT HAS WORKED WELL FOR YOU IN THE PAST?
