

PRACTICAL WAYS TO BREAK THE YELLING HABIT



Get passionate about the blessing of a new habit.

Meditate on scripture until you are eager for the blessing it promises.

- "A gentle tongue is a tree of life..." *Proverbs 15:4 ESV*
- "Whoever would love life and see good days must keep their tongue from evil..." *1 Peter 3:10*
- "Everyone should be quick to listen, slow to speak and slow to become angry..." *James 1:19,20*



Identify your replacement(s) for yelling.

Set your goal based on how you've been successful in the past.



Post a visual reminder.

Make it as easy as possible to get started.



Keep gum or a calming snack available.



Let your kids know how and why you want to change.

- Let them know what you will be learning to do instead of yelling.
- Share your thoughts about a scripture that motivates you.



Empower kids to help you get back on track when you get off-track.



Don't respond till you have a plan.

"I'm feeling upset and need to think about this." Go to the Discipline That Connects With Your Child's Heart appendix and develop a thoughtful plan.



Record your progress.

This will be an immediate, encouraging "reward."



Pair up with a friend.

"And let us consider how we may spur one another on toward love and good deeds,"
Hebrews 10:24



Model do-overs.

If it doesn't go well - back up, take a few deep breaths, and start from where you entered the situation.



If it goes a little better, talk about it!

This reinforces those new brain pathways.