

Upsetting Event

1. What happened? What is troubling you? Do a free write here.

2. List only the facts that happened.

Upsetting Event

3. What are you making these facts mean about your parenting?

4. Are these true? Is there a possibility you are wrong about this?

Good Parenting

1. What is your idea of "good" parenting?

2. After looking at this list what do you think?

Good Parenting

1. How do I want to show up as a parent, keeping everything in my control?

2. What emotions will drive these actions?

Good Parenting

3. What would I need to be thinking to feel this way?
