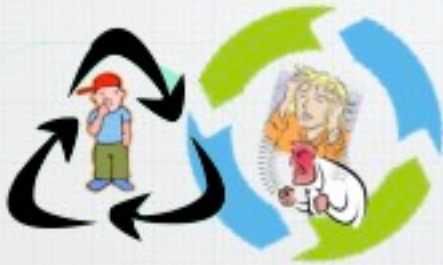


Frustration // Resistance Cycle

Replacing emotions of **RESISTANCE** with emotions of **COOPERATION**



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Function of Emotions



Avoid



- * FEAR, F.E.F
- * ANGER
- * SAD
- * SHAME

- * Orientation to stimuli
- * Physiological state of F, E, F.
- * Appraisal: alert / suspicious / distortion
- * Cognitive ability ↓

Appraisal distortion:

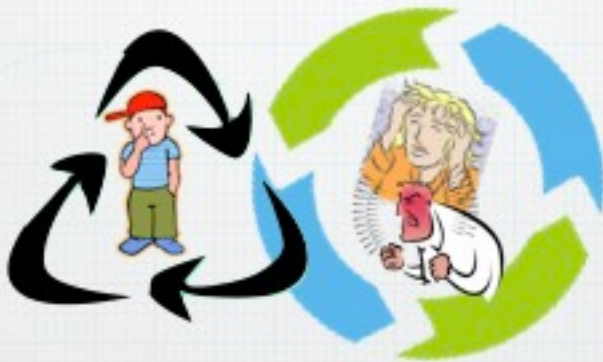
Who are you yelling me
all the time!

You don't love me!

A More Subtle Avoidance Response



Frustration // Resistance Cycle:




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The parent's cycle

- * Frustration based
- * Repeating
- * Neg. tone
- * Scolding
- * Imposed consequences
- * Other?...



The Child's Cycle



- * Avoid = Resistance based
- * Argue
- * Disrespect
- * Delay
- * Oppositional cascade
- * Other?...



The oppositional cascade



- * Ask why
- * Denigrate request
- * Denigrate YOU
- * Threaten
- * Fight / Flight / Freeze



The family transaction and Resistance Cycle



What do you
parents no



When do they occur?

- * AM routines
- * PM routines
- * Meal times
- * Others?

What's the purpose of EMOTIONS?



What to do??



Quieting the FRUSTRATION

Strategy



Helping Children Hear their own MORAL STRUCTURE

Purpose



What to do



- * Reset Button
- * POM
- * Empathy
- * Video Camera Statement



SLOW the SPINNING!

Parents should





A) Reduce expressions of frustration (nagging, scolding, arguing).

B) Increase expressions of nurturing (acceptance, empathy, curiosity).

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EMPATHY

Empathy Statement: reflecting the emotional state of a child.
This reduces negative emotions and promotes understanding.

Examples

- * You seem... MAD SAD
- * You sound..... HAPPY, NERVOUS
- * You look... FRUSTRATED
- * I wonder if you are.... WORRIED



Helpful hints

- Do: Convey warmth
- Do: Keep it short
- Do: Let the child do the thinking
- Don't: critique or advise



- 1) Apologize for nagging (yelling, micro-managing)
- 2) Empathize with how the child must have felt.
- 3) Explain what you, the parent, are planning to do
- 4) Encourage and promote.
- 5) Allow consequences with empathy.

- * "Honey, I am so sorry for nagging you to get up in the morning."
- * "It must be very annoying and puts you in a bad mood, and I don't want to do that. I love you."
- * "From now on I'm working on not nagging. We'll just get ready for school and wait for you in the car until you're ready."
- * "I'll keep working on being a better dad. I sure am proud to have a son like you. We can do this."
- * Child hops into car late and angry- "It's ok if we are a little late. I'm proud that you made it." The child will handle being late with his teacher.



P.O.M. (parenting outside the moment)

Address issues during calmer moments, when children & adults are more receptive... in the cool cucumber zone.

- * Parent: Honey, remember yesterday when you called me a loser and threw the choo choo at me?
- * Child: Yeah, that was funny, but not really funny; sorry mom.
- * Parent: Yeah, not real funny. Let's talk about consequences ...





The "VIDEO STATEMENT"

A simple observational statement to a child about their current behavior. The statement is made with kindness & curiosity.

Example

A child is watching TV after their bedtime:
Dad walks into the living room, "I see you are Watching TV after bedtime. Hmmm, I wonder what that's about."

The theory: the statement strikes a moral chord with a child about what they are doing, right or wrong. The child is left to wrestle with their choices and the possibility of future consequences.



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