

TMR Workshop

Session 1 Follow-up (please complete and bring to next session).

What were some of your successes with one-to-one connection time with your child?

Describe a success using ABC (Attune, Balance, Coach).

If your child had an anger outburst, describe what happened. What was the child's feeling intensity (1-10)? What was yours? What were your child's triggers? What in the situation triggered you? What helped to calm your child eventually? What helped to calm you?

Describe any changes you made in reducing or planning for your triggers.

Describe any changes you made in reducing or planning for your child's triggers.