

JOURNAL PROMPTS

Fill Your Relationship Bank Account

We need at least five positive interactions to balance out every negative interaction with our child. What can you do to build up a positive balance? Below, list as many things as you can think of. Print this list out and put it on your refrigerator.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Fill your own joy account to keep yourself replenished and emotionally generous.

Make a list of things you can do that bring you joy. They might be as simple as stopping to listen to the birds singing in the morning, or as rare as sitting by the ocean for an hour by yourself. List as many things as you can. Post your list and do at least one thing every day. Really. Life is not a dress rehearsal. You deserve joy!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

GOING DEEPER

As you listen to this week's audio:

In what ways do you encourage connection with your child?

What gets in the way of connecting with your child?

How do you respond to your child's emotions?

What could you do on a daily basis to connect more deeply with your child?

Any other takeaways from this audio?

PRACTICE WITH YOUR CHILD

Today, find at least three different times when you can connect with your child.

Special Time can be one of these times. You can also include very brief encounters. Then answer the questions in the Reflection section about your experience.

#1.

#2.

#3.

REFLECTION AFTER PRACTICE

Pick one of your connections with your child to reflect on (or answer these questions for each one.)

1. What did you do to connect with your child?

2. Did you do anything to prepare yourself?

3. How did your child respond to you when you initiated and during the interaction?

4. How did you feel throughout this interaction?

5. How did your child act afterwards?

6. What did you feel good about in this interaction?

7. Anything you would do differently next time?

8. What did you learn from this experience?