

There are many signs that there is a fractured relationship with a child. Below are some of them, but your gut is one of the most useful indicators you have, more so if you felt moved by the post that brought you here. Thanks for coming.

### SIGNS OF A FRACTURED RELATIONSHIP

Whining, pouting, clinging, shouting, storming off, large displays of exasperation like falling on the floor, hitting things, throwing things, jealousy of siblings, not wanting to give affection, cutting remarks, etc.



Imagine what this girl is feeling. Anger? Disappointment? Sadness? Alienation?

Is she trying to get a need/want met or is she expressing an emotion? Both.

Seeing this as pouting doesn't serve her or her caregiver. Separating the emotions being expressed from the behavior is key to understanding and meeting her needs.

Emotions and behaviors overlap, so it's important to speak to the emotions behind the behaviors, not just the behaviors. Just like treating the cause rather than the symptoms of an illness. Yes, we will address the behavior too.

### EVERY BEHAVIOR IS A REQUEST FOR A WANT OR NEED.

The more quickly you learn this and learn how to apply this truth, the sooner you will have a more connected relationship with your child, and the more easily you will be able to address the behaviors you'd like to curb.

### Is your child whining, pouting, clinging and shouting?

Take a look at the image of the little girl on this page, then come back to the following section.

Your child's deepest need is a meaningful connection with you. When the connection is off or fractured, all kinds of behaviors come out. Cutting remarks, pulling away, not wanting to express physical affection, clinging, excessive crying, pouting, shouting – these are all expressions of a deeper problem and a lack of tools to get their needs met.

The first and most important step in repairing a fractured relationship is an understanding of why it is fractured – from the child's perspective. An honest, open, heart to heart about how the child feels about the relationship fracture and why it is there, is needed. They need a chance to tell you why they think things are going wrong, and they need you to hear them.

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*“You can call it compassionate listening. You listen with only one purpose: to help him or her empty his heart. Even if he says things that are full of wrong perceptions, full of bitterness, you are still capable of continuing to listen with compassion. Because you know that listening like that, you give the person a chance to suffer less. If you want to help him correct his perception, you wait for another time. For now, you don't interrupt. You don't argue. If you do, he loses his chance. You listen with compassion and help him suffer less. One hour like that can bring transformation and healing.”*

*Thich Nhat Hahn*

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Assessing and addressing the fracture in the relationship is the most important part of repairing the relationship. All other steps in the journey to a more connected and enjoyable relationship are built on its foundation. For help applying this step and to get help with the steps that follow, please [reach out to me](#).