

Help child to process feelings (these can be discussed or written by the child)

1) WHAT HAPPENED?

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2) WHAT WAS I FEELING?

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3) HOW DID I HANDLE IT?

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4) HOW DID IT WORK OUT FOR ME?

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5) HOW AM I GOING TO HANDLE IT IN THE FUTURE?

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Some parents yell so loud the child can't hear his inner voice. (Talk less)