



EMPOWERMENT EDGE COACHING
IGNITE YOURS



EMPOWERMENT EDGE COACHING

**KEEP YOUR COOL
WITH YOUR KIDS
WORK BOOK**



**Keep
Your
Cool
2-3**

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To be used in conjunction with:
Keep Your Cool With Your Kids - Anger
Management For Parents

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NEGATIVE THINKING SELF-TALK

Reflect the writings in this Cool Tool Chapter. and see if you can identify any negative self-talk. Bringing awareness to this will help you change them by reframing.



I'm too
strict/Not
strict enough



I'm not
cut out
for
parenting



I will never
be able to
control
my anger



I'm terrible
at learning
new things



I don't
have the
patience
for this



I'm
damaging
my children



Why cant I
get this
right?



It's all my
fault



I'm so
stupid

NEGATIVE SELF-TALK REFRAME

NEGATIVE SELF-TALK	REFRAME
I will never be able to control my anger	Yes I have angry outbursts however I have new tools to work with and change will come Up until now I have experienced angry outbursts but I am working at reducing them and I will succeed

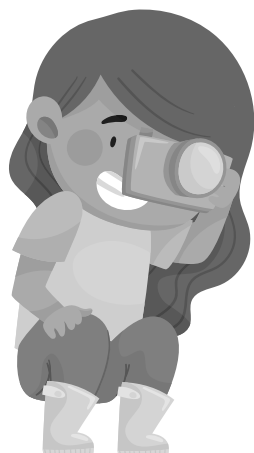
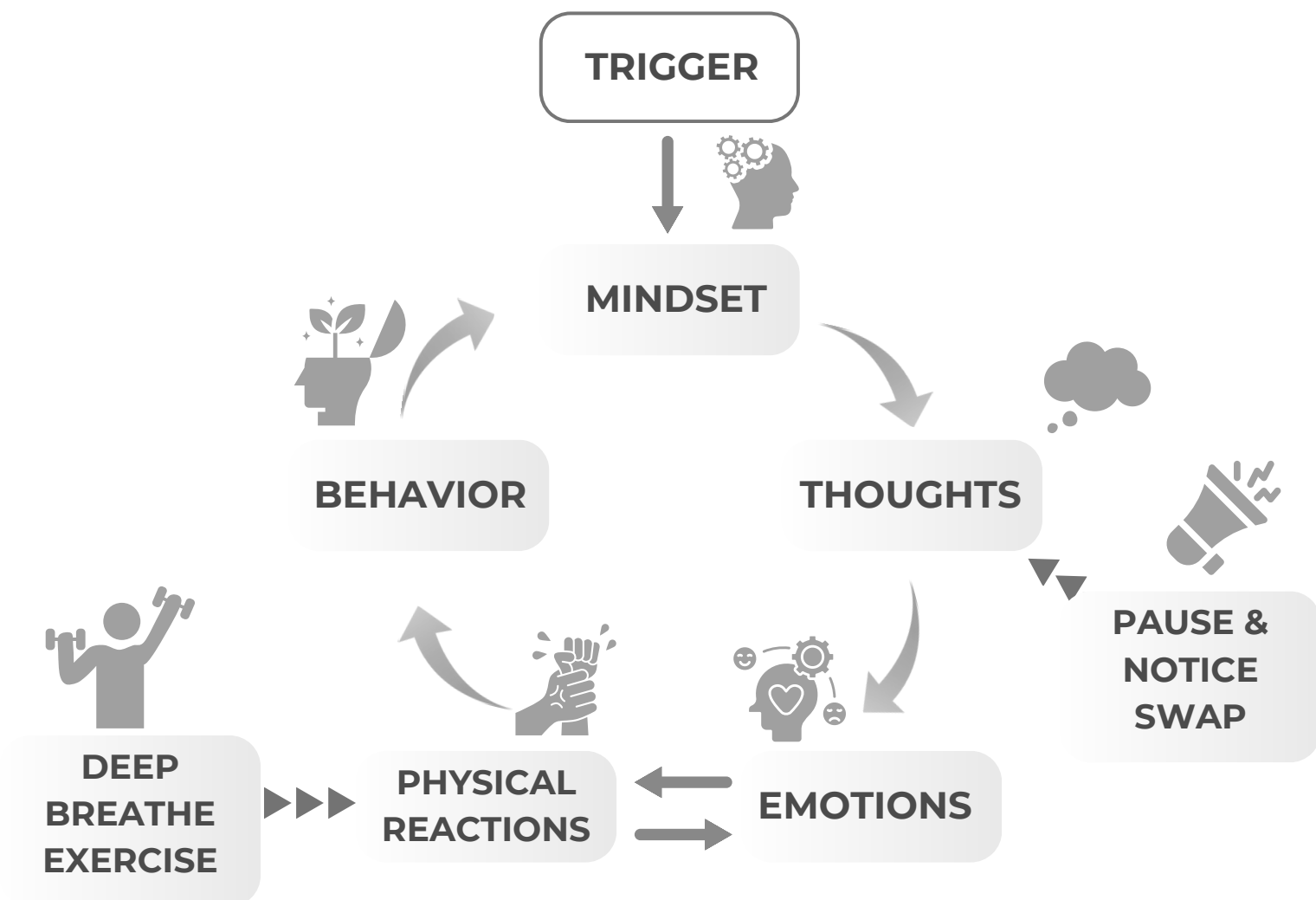


NEGATIVE SELF-TALK REFRAME

NEGATIVE SELF-TALK	REFRAME

REMINDERS

This chart shows how using the power of the pause when you notice a negative thought or physical/emotional reaction to a trigger and reframing and using physical activities as outlined in the book, you can revert the Fight/Flight response we get when angry. It is a feed back system. to a calmer internal state.



Turn your brains Reticular Activating System and Look for the Positive and Helpful Thoughts and Reframes

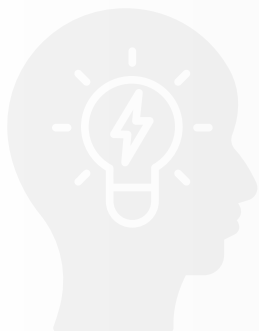
GRATITUDE JOURNAL

Date: ____ / ____ / ____

TODAY I'M GRATEFUL FOR



SOMETHING THAT INSPIRES ME



TODAY'S AFFIRMATIONS



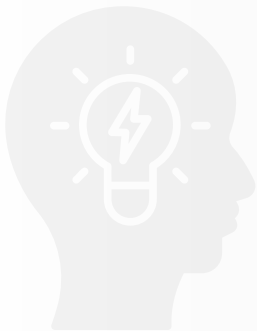
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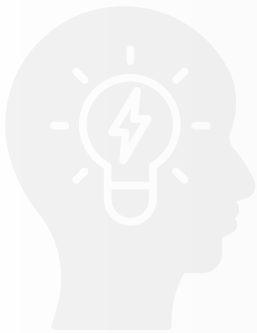
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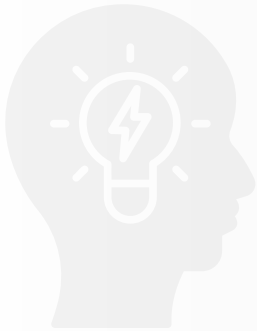
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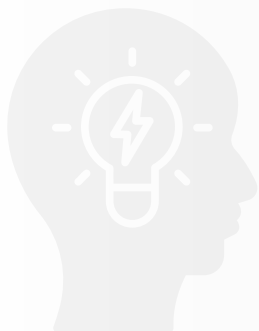
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TODAY'S AFFIRMATIONS



T.I.P.P METHOD TO COOL DOWN

**Temperature -Intense exercise-Paced breath-
Paired muscle relaxation**

TEMPERATURE

Cool down - Splash cold water, Ice cubes, go somewhere cool

INTENSE EXERCISE

**Move that body! jumping jacks, sit-ups, running on spot, brisk
run, walk, anything**

PACE BREATHING

**As discussed earlier in the book. Box Breath, Slow your rate,
belly breathe. (Vagus nerve activation)**

PAIRED MUSCLE RELAXATION

**Moving the pent up energy in muscle activation helps.
Stretching, Yoga, muscle contraction and relaxation**