



EMPOWERMENT EDGE COACHING
IGNITE YOURS



EMPOWERMENT EDGE COACHING

KEEP YOUR COOL
WITH YOUR KIDS
WORK BOOK

Keep
Your
Cool
2-3



TABLE OF CONTENTS

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

NEGATIVE THINKING SELF-TALK

01

NEGATIVE SELF-TALK REFRAME

02-03

REMINDERS

04

GRATITUDE JOURNAL

05-09

T.I.P.P METHOD

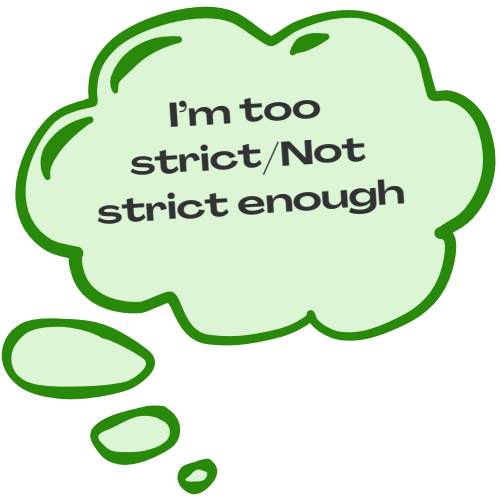
10



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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.



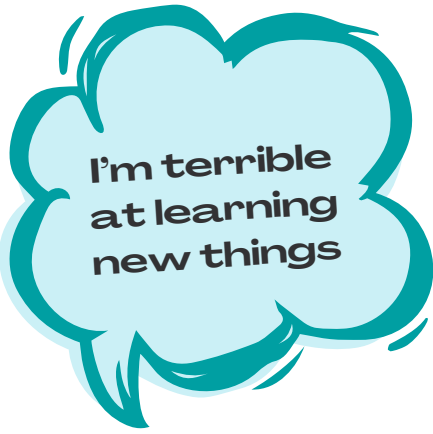
I'm too
strict/Not
strict enough



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



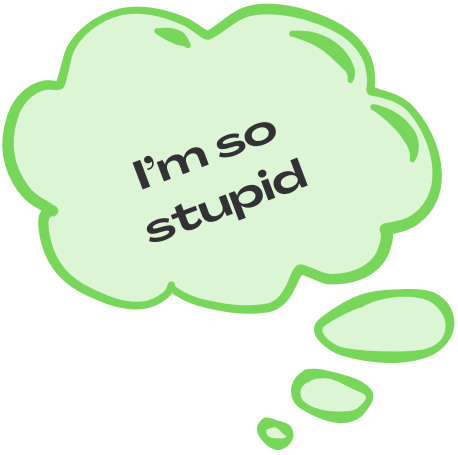
I'm
damaging
my children



Why can't I
get this
right?



It's all my
fault



I'm so
stupid



NEGATIVE SELF-TALK REFRAME

NEGATIVE SELF-TALK	REFRAME

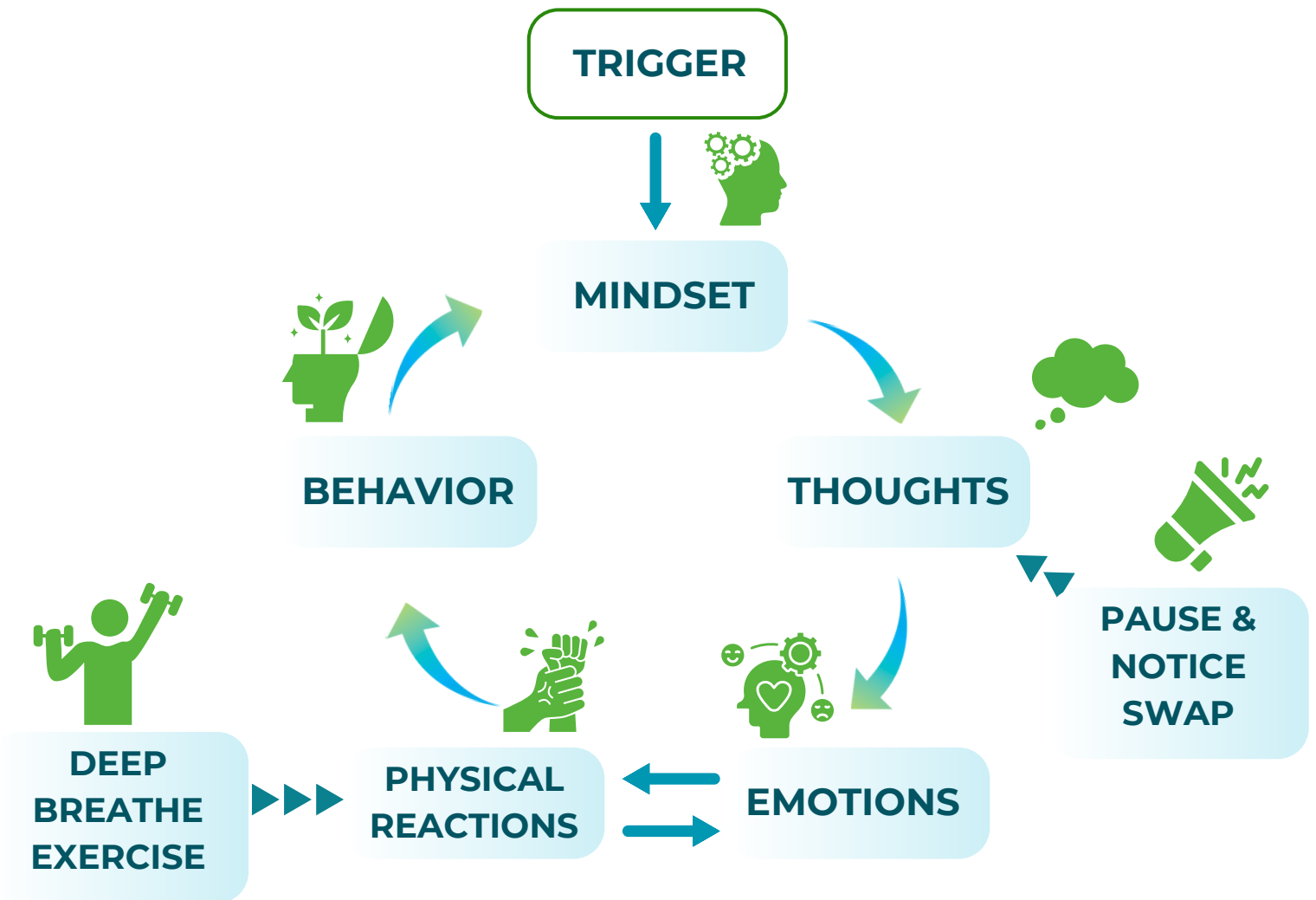


NEGATIVE SELF-TALK REFRAME

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



GRATITUDE JOURNAL

Date: ____ / ____ / ____

TODAY I'M GRATEFUL FOR



SOMETHING THAT INSPIRES ME



TODAY'S AFFIRMATIONS



GRATITUDE JOURNAL

Date: ____ / ____ / ____

TODAY I'M GRATEFUL FOR



SOMETHING THAT INSPIRES ME



TODAY'S AFFIRMATIONS



GRATITUDE JOURNAL

Date: ____ / ____ / ____

TODAY I'M GRATEFUL FOR



SOMETHING THAT INSPIRES ME



TODAY'S AFFIRMATIONS



GRATITUDE JOURNAL

Date: ____ / ____ / ____

TODAY I'M GRATEFUL FOR



SOMETHING THAT INSPIRES ME



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