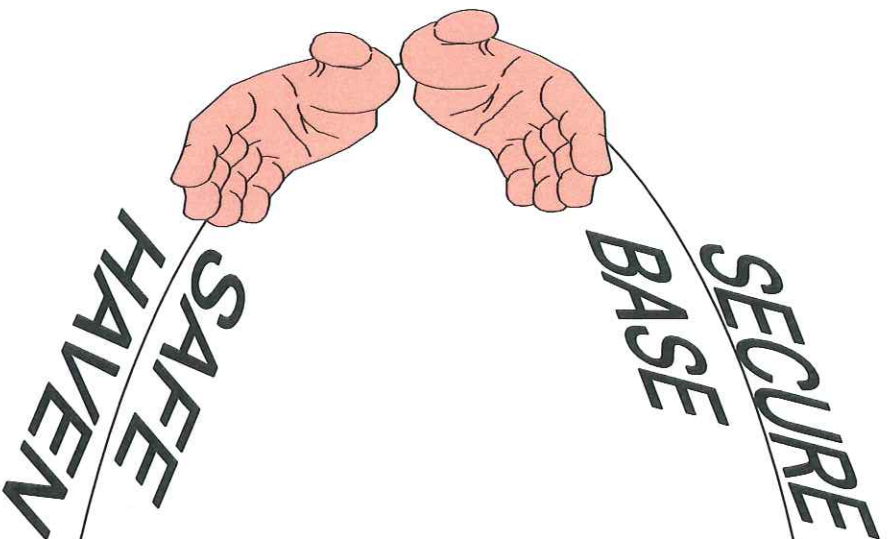


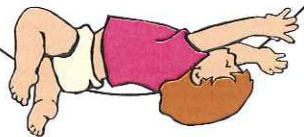
Mom/Dad, when I get upset (frustrated, withdrawn, whiney, demanding, out of control):



My behavior actually means that I need you.

- I need you to:
- ◆ Be calm
 - ◆ Take Charge
 - ◆ Be kind
 - ◆ Stay with me until we both understand this feeling that seems too much for me alone
 - ◆ Help me return to what I was doing, with a new option

"I don't know what to do with how I'm feeling."



CIRCLE OF REPAIR

Helping My Child Trust that Our Relationship Will (Almost) Always Set Things Right