

**BEST POSSIBLE
MOTIVE:**

**BENEFITS OF
HOPEFUL
THINKING**

*Downloadable
Worksheet*

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HOW HOPEFUL THINKING SUPPORTS PARENTING...

Maybe you've found yourself in a parenting situation where your reactivity left you feeling sad, frustrated or remorseful. If your fearful thinking contributed to your reactivity, you're not alone - I've been there too.

This brief worksheet is designed to help you to identify when fearful thinking takes over, and to consider the best possible motive for your child's behavior in order to respond from a place of calm, open-hearted curiosity.

Find a comfortable seat, put your phone on do not disturb and take a few moments to notice your breathing.

Allow yourself to settle in and set your intention to give a few minutes to work through the prompts below without interruption.

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- 1. Describe a situation when you felt stressed by your child's actions.**

 - 2. How did you feel?**

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3. What were your thoughts, judgments or fears about your child's behavior?

4. How did you react?

How did you feel in your body?

How did you treat your child?

How did you think about yourself and your parenting?

5. What is the most generous guess you can come up with for why your child behaved in this way?

What did your child need in that situation?

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6. What other strategies could your child choose to get his/her needs met?

7. If you could have a do-over, and were able to start with what you HOPE was their motivation, how would your response be different?

Need a guide to support you in this work?
Schedule a free insight session with me to learn how...

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