

DISCUSSION QUESTIONS

Have the caregiver watch these videos:

<https://consciousdiscipline.com/videos/anger-coach-kids-through-it/>

- ❖ Which of these scenarios looked familiar to you? Which were surprising?
- ❖ Which response appeared most effective to you?
- ❖ What did you learn from your parents on how to manage uncomfortable/unpleasant emotions? (Ignore, Punish, Dismiss, Save or Coach)
- ❖ How do you manage your own uncomfortable/unpleasant emotions?
- ❖ Do you feel like you manage your uncomfortable/unpleasant emotions effectively?
- ❖ Would you want your child to manage his/her emotions the way you manage them.