



THE CALM THE CHAOS<sup>®</sup> WORKSHOP

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**BEHAVIOR REBOOT**



# THE CALM THE CHAOS® WORKSHOP

## VIDEO TWO ACTION GUIDE

Having a relationship with your child where you feel confident in your ability to remain calm and address behaviors before they become a bigger problem is a real possibility. In video one, we talked about how you can take all the guesswork out of parenting by finding the real cause of your child's behavior. And how doing this means you can find a way to lessen or eliminate things like whining, aggression, not listening and more. Now, in this lesson, I'll show you the Magic Reset Button you can use anytime your child's behavior starts to spiral out of control. This can bring order and sanity into your family instantly.

Follow along and take notes as I show you how to revolutionize the way you approach behavior and how parents like you and me can get our kids to actually use the tools we give them, so we don't have to worry about whether or not they will be successful when they become adults--- and why it's critical you focus on this right now.

### IN THIS LESSON:

Now in this video, I am going to share the next step on your journey to creating the relationship with your child you always thought you'd have.

- 1 You will discover The Magic Reset Button to instantly dissolve tension, connect to your child, and get them to listen and do what you ask.
- 2 We will cover how to turn your child's STRUGGLES into SUPERPOWERS so the behaviors that drive you batty NOW can become the very thing that helps your child thrive.
- 3 You will learn the secret ingredient to getting your child to WANT to behave so they use the calm-down tools you give them without bribes or punishments.

The goal for this video is to give you **clear action steps you can take today** to get you on track towards a life where battles over socks and shoes aren't a daily occurrence.

This isn't about adding to your already busy schedule and giving you a million complicated tools and strategies.

Instead it's about taking it **one step at a time**.



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### SINGLE MOST IMPORTANT RULE TO REMEMBER

○ For every \_\_\_\_\_ negative interaction, you need \_\_\_\_\_ positives.

**NOTE:** Instead of focusing on all the things that are wrong, think of the power of seeing all the things that are right.



Think of your interactions with your child today.

How many times did you ask them to stop, quit or not to do something?

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Now on the flip side... how many times a day do they hear positive, encouraging words?

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### WITHOUT A SOLID CONNECTION.... YOU HAVE NOTHING TO BUILD FROM.

The fact is, the more loved, appreciated, and connected your child feels, the easier it's going to be to minimize bad behaviors. They'll be far more willing to do what you ask.

If you open the PDF guide I've included below this video, you will find a simple positive interaction journal.

You can start using this today so you can connect with your child and help build positive relationships with others in their life.

***Now this may be tough at first. But the more you practice, the easier it will come.***

You and your child will both feel better about your current situation. And you'll have something to build from making it easier to work through challenging behaviors.



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**POSITIVE INTERACTION JOURNAL**

DATE: \_\_\_\_\_

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DATE: \_\_\_\_\_

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TURN YOUR CHILD'S STRUGGLES INTO SUPERPOWERS

## STEP ONE

WHAT IS YOUR CHILD'S BIGGEST STRUGGLE?

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## STEP TWO

WHAT MAKES YOUR CHILD UNIQUE?

*What are your child's unique skills, quirks, virtues, and values?*

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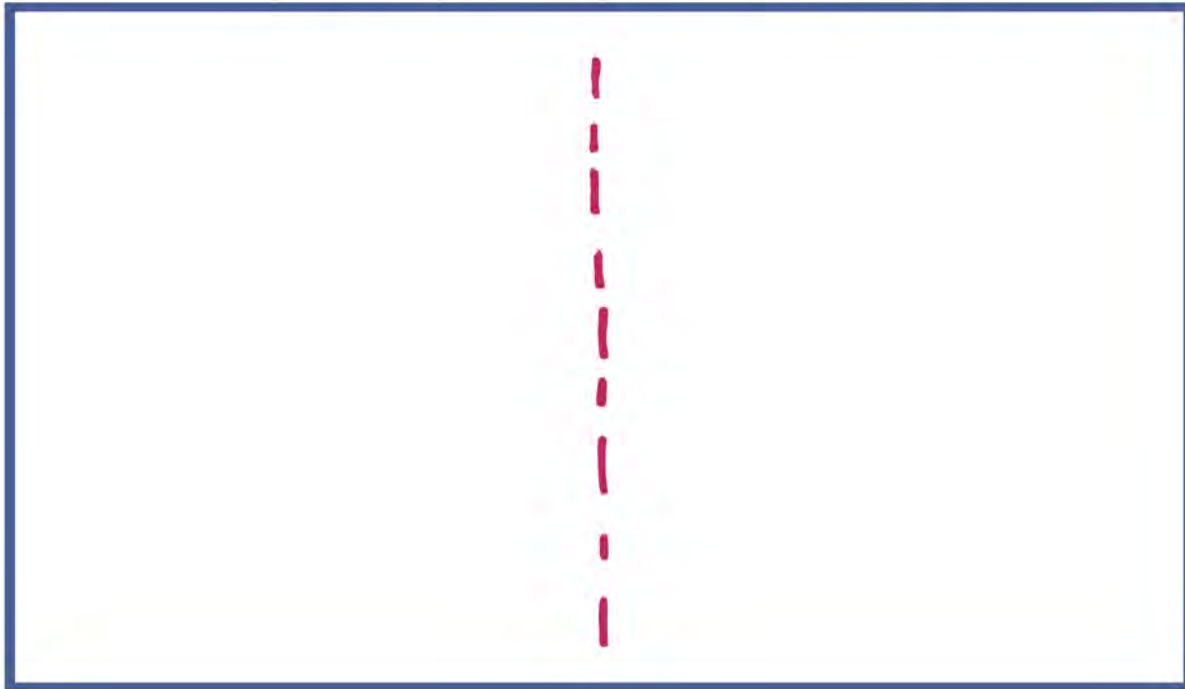
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# STEP THREE

TURN STRUGGLES INTO SUPERPOWERS

STRUGGLES + UNIQUENESS



SUPERPOWER



# 100 POSITIVE WAYS TO DESCRIBE YOUR CHILD

Active	Determined	Imaginative	Outgoing	Sincere
Adventurous	Dependable	Independent	Open-minded	Skillful
Ambitious	Diligent	Insightful	Passionate	Silly
Authentic	Easy-going	Intelligent	Patient	Sharp
Aware	Empathic	Inventive	Peaceful	Sporty
Balanced	Energetic	Joyful	Positive	Social
Brave	Flexible	Kind	Performer	Spontaneous
Calm	Friendly	Leader	Persevering	Strategist
Carefree	Fun	Mellow	Protective	Systematic
Cheerful	Fierce	Mighty	Problem-solver	Strong
Clever	Happy-go-lucky	Motivated	Quiet	Spirited
Confident	Happy	Mature	Quick-witted	Thoughtful
Comforting	Hard Working	Mindful	Rational	Trusting
Competent	Helpful	Motivated	Reflective	Tenacious
Concentrated	Huggable	Multi-tasker	Resilient	Tender
Creative	Hilarious	Musical	Self-directed	Unique
Curious	Honest	Nice	Self-Starter	Upbeat
Caring	Humorous	Noticer	Spontaneous	Wise
Courteous	Intense	Optimistic	Sensitive	Witty
Cuddly	Inclusive	Organized	Smart	Wonderful

**CALM** *the* **CHAOS**<sup>®</sup>

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### STRUGGLES

#### OVERLY SENSITIVE

- Cries over the smallest things
- Battles over socks and shoes
- Doesn't like being alone
- Scared of "new" people

#### AGGRESSIVE

- Yells and scream often
- Throws things and is destructive
- Crosses arms and shuts down
- Shouts "I HATE YOU" or "GO AWAY"

#### DEFIANT

- Refuses to do what is asked
- Always answers with a "no"
- Ignores requests
- Repeatedly breaks rules
- Never follows directions

#### DISTRACTED

- Struggles to complete tasks
- Needs frequent breaks
- Lacks motivation or desire
- Extremely disorganized
- Loses belongings frequently

#### HYPERACTIVE

- Becomes "hyper" when guests come over
- Says inappropriate things around others
- Makes jokes at inappropriate times
- Jumps on furniture
- Plays rough with others

### SUPERPOWERS

#### UNIQUE

- Thrives with a plan
- Cautious and pays attention to detail
- Empathetic and in tune with others
- Big heart - wants to please others

#### FIERCE

- Passionate about life
- Takes a stand for what they believe in
- Prefers to take the lead
- Strong and powerful

#### SPIRITED

- Confident in own decisions
- Likes to take the lead
- Social justice warrior
- Strong leadership skills
- Thrives on free choice

#### CREATIVE

- Imaginative
- Free thinker
- Typically thinks out of the box
- Fun and playful
- Tons of ideas

#### ADVENTUROUS

- Able to take risks
- Beats to their own drum
- Full of life and energy
- Explores the world they live in
- Inquisitive

