

CALM *the* **CHAOS**[™]

LIFE ASSESSMENT

YOU

The "You" section is about helping you stay calm and in-control no matter how bad things get. Instead of getting stressed, overwhelmed, or hopeless, you'll know deep down that "I got this."

This is critical. Because if you yell and scream it will only add fuel to the fire. If you want your child to be calm and listen you have to lead the way.

1

Do you have 1 or more people you can talk to about your problems and feel better afterward?

Yes No

2

Do you know how to pick yourself back up again and keep going when you are feeling worried, overwhelmed or frustrated?

Yes No

3

Do you take time to recognize when things go right (ie. gratitude journals, small celebrations, and shouts of joy)?

Yes No

4

Are you able to remain calm in the moment when your child is losing their #\$\$%^?

Yes No

5

Do you take at least 5 minutes a day, every day, to focus on your own needs?

Yes No

6 Do you have your own hobbies and actively take time for them?

Yes No

7 Do you have a career or project you're passionate about?

Yes No

Add 1 Point for Every YES

Score: _____

If you've scored a 5 or higher in the "You" section, Congratulations! You're creating a strong foundation to fall back on when things get really bad, and bringing a calming presence that helps your child relax.

If you didn't score a 5, that's ok, too. That just means you've got room to improve. And, honestly, who doesn't want to improve?

I want to remind you that with Calm the Chaos I'm in your corner now and you've got an army of people behind you. So even if you scored 0, there is hope.

Like Ashlee Frasier, who just a few short months ago described herself as in complete survival mode. Once she started using the Calm the Chaos framework, she instantly gained a support system, had room to pick back up her hobbies and even stopped smoking and drinking because she was no longer "needing" these things to cope with the stress.

In Calm the Chaos, we help you get out of survival mode and put YOU back on the to do list!

CONNECT

The "Connect" section is about your family working together as a team to solve problems in a calm manner, so you can stop constantly trying to "solve" everything.

It is SO important to have buy-in from the whole family. Unless you get everyone on board, you're going to be spending energy fighting against the people who should be your biggest supporters.

1 Do you spend daily positive one-on-one time with each of your family members?

Yes No

2 Do you have a weekly time scheduled for a fun family activity? (game nights, family outings, movie nights, etc)?

Yes No

3 Do you eat 5-7 meals together as a family weekly?

Yes No

4 Do you have scheduled connection time with other important adult(s) in your child's life?

Yes No

5 Do you connect and discuss family decisions as a family before they are set in stone?

Yes No

CONNECT

6

Do you give your child undivided attention during one on one time or conversations?

Yes No

7

Are you able to describe your child in a positive way even when they're getting on your last nerve?

Yes No

8

Do you recognize the positive aspects of your child's struggles?

Yes No

Add 1 Point for Every YES

Score: _____

If you have a score of 5 or higher in "Connect," your family has started to build the supports for a really successful future, and I'm excited to see how we can improve it.

If you scored less than 5, you'll want to pay special attention to Video 2, where we share strategies for turning arguments around, and how to swap your kids' most challenging behaviors for super powers.

And if you scored 0, that's actually not bad. You've got a really clear place where you're going to see IMMEDIATE and DRASTIC improvement. Implementing this piece can help prevent a lot of violent, destructive behaviors. We've seen it over and over again with our students.

For example, there's Jess Flynn. before she learned how to connect with her son, it was hard just to get through a day together. He was so violent, the thought of him touching her made her flinch. Now, their favorite thing is to run around the house having tickle fights.

Because of Calm the Chaos, Jess has found her happy place with her son, and you can, too.

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UNDERSTAND

The "Understand" section is about figuring out WHY a behavior is happening.

This is one that a lot of people struggle with. You can't change a reaction if you don't know why it's happening. If you can really understand what the root cause of your kiddo's meltdown (or outburst, or shut-down, or...) you can learn to see them coming, how to quickly solve them, or even how to avoid them entirely.

1 Do you believe that all behavior is communication?

Yes No

2 Do you know what your child's behavior is trying to tell you?

Yes No

3 Do you know how to PREDICT your child's outbursts, tantrums and meltdowns?

Yes No

4 Do you know how your child responds when they are stressed, worried, excited or afraid?

Yes No

5 Do you know what causes your child's most challenging behavior?

Yes No

UNDERSTAND

6

Do you know how to prevent your child's most challenging behaviors?

Yes No

7

Do you know how to calm down your child in the moment when they are having a meltdown, outburst, or frustrating behavior?

Yes No

8

Do you know each family member's sensory preferences?

Yes No

Add 1 Point for Every YES

Score: _____

If you scored a 5 or higher on Understanding, I'm excited to dive deeper with you, so we can really get into the root causes of these behaviors.

If you scored lower than 5, that's ok, too! We're here to learn, and as I said earlier a lot of people struggle with this. We can try to work through it as a team on the Ask Me Anythings, in the Pajama Parties, or in the Facebook group.

if you scored a zero, don't worry. Even people with high scores in this section can have a lot of work to do. Sonja Martin is one of those people.

Sonja, a professional mental health therapist and neuropsychologist, who thought she knew exactly what was wrong with her son. And yet, he was still falling apart. The Calm the Chaos framework gave her the missing pieces she needed, so she could truly understand how to help her superkid.

Every kid is different, but Calm the Chaos will help you spot, identify, and understand the unique causes and triggers of your kiddo's behaviors, so you can stop them before they start.

EMPOWER

The final section is the "Empower" section. This is about incorporating and celebrating your kiddo's unique personality, so they actually want to solve these problems on their own. It's about developing the skills to be an independent and productive adult.

Because you can give your kid all the tools in the world and make all the routines you want. But if the kids aren't part of the plan and the solutions... it won't matter.

1

Do you let your children have a voice in decision making for the family? (ie. dinner options, vacation ideas, family outings, movies to watch)

Yes No

2

Do you include your children in the creation of family rules, values and routines?

Yes No

3

Do your family members come together to talk through and solve problems?

Yes No

4

Can your child recognize their own strengths and weaknesses?

Yes No

5

Does your child recognize what upsets them, sets them off or sends them into a spiral?

Yes No

EMPOWER

6

Does your child know what calms them down when they are upset?

Yes No

7

Does your child know how to speak up for their needs and wants in a way so that others will listen?

Yes No

8

Does your child solve a conflict without you?

Yes No

Add 1 Point for Every YES

Score: _____

If you scored a 5 or higher in this section, you're doing great. Keep on supporting your munchkin in their journey.

If you scored lower than 5, don't worry at all. What's great about this step is it happens automatically. Kids are like little sponges. So when you follow the full framework they pick it up.

If you scored a 0, it's ok. This is a hard one to start, but easy to keep rolling. Just ask Tamara Morgan.

Tamara and her daughter Hannah hadn't had a conversation that didn't end in a screaming argument in months. Tamara just didn't trust Hannah to do anything on her own, and Hannah wouldn't do anything Tamara told her to do. And all the books, programs, and Pinterest suggestions weren't helping. Since using the framework, Tamara and Hannah have become a seriously dynamic duo, working together happily in just about every aspect of life.

It sounds like magic, but it's not. It's the result of the Calm the Chaos framework.