

TRIGGERED TO UNTRIGGERED

**A 7 day workbook designed to kickstart the
process of bringing more peace and wellbeing
within yourself and in your parenting.**

BY PAULA SAMPSON LAWRENCE



Introduction



*Hi! I'm Paula - a
fellow mama and
parenting coach! xox*

Hello! Welcome to this 7 day kickstarter to transforming yourself and your parenting. I'm Paula and i am the founder of Accelerate Empowerment and the Untriggered Parenting programme. I am also mum to four children aged 13, 10, 8 and 3. As you can imagine with four children, life can get quite chaotic! Many times i found myself struggling to stay emotionally regulated and patient, which resulted in less connection and cooperation with my children. I knew something had to change and it had to start with me as the parent. I am my childrens leader and guardian. Join me as i show you what helped me shift into a more connected and untriggered paradigm of parenting.

"When we are triggered by our kids behaviour, this has more to do with unresolved feelings within ourselves than what our kids are doing."

Day 1

SETTING YOUR INTENTIONS

Before any sort of transformation can take place, it is important to take stock of where you are now, the good, bad and ugly. Then and only then can you make a plan for change.

WHAT PART OF PARENTING ARE YOU ENJOYING AT THE MOMENT?

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WHAT PART OF PARENTING ARE YOU *NOT* ENJOYING AT THE MOMENT?

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WHAT IS YOUR WISH FOR YOUR RELATIONSHIP WITH YOUR CHILDREN?

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Section 2

DAILY INTENTIONS

It is important to set intentions daily and then reflect back at the end of the day. This can act as a way of centering and grounding yourself as you begin and end the day.

Morning Check-In

This morning my body feels (e.g tired,
rested)

This morning my mind feels (e.g anxious,
alert, excited)

Today, i will make a conscious effort to
(e.g play with my child/stop and listen)

Today, i promise to (e.g pause when i
feel upset)

Evening Reflections

Today i felt about myself as a parent.

I kept my promise when

I forgive myself for not

If i could redo today i would

I am proud of myself today for

Day 2

CONSCIOUS LISTENING

Today, I would like you to commit to slowing down and consciously taking the time to listen to your child. When they speak to you, stop what you are doing and make eye contact. If your kids are little, get down to their level and let them know they have your full attention.

1 ACTIVE LISTENING

Slow down and give your child your full attention when they are talking to you. Act as if what they are saying is super important to you. Give them eye contact and try to stop what you are doing so that they know they have your full attention. Be fully present.

2 AVOID INTERRUPTING

As we know, children can sometimes take a while to articulate their thoughts. Today, commit to listening without interrupting them and taking control of the conversation. Let them complete their thoughts without hurrying them. Also try to take notice of the moments you feel like you want to interrupt so you can reflect back on this later. For now, just listen with undivided attention.

3 REFLECT BACK

Repeat back what your child has said to you to let them know that you have heard what they said. Depending on the age of your child, you don't have to repeat what they said word for word. You can just give a quick summary and ask your child if you understood them correctly. This works to eliminate any confusion and makes your child feel validated.

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Day 3

RECOGNISING PATTERNS

Use the tick boxes below to identify which parenting style you **currently** fall into. Remember, there is no judgment, just a desire to do better.

Power Over Parenting (Authoritarian)

- Child is less important than the parents and their feelings are not considered.
- Yelling, threats, time outs and punishments are used to control child's behaviour.
- Children are blamed for parents emotional regulation.
- Child's behaviour must be corrected and not understood.
- Parents wants to control the child's behaviour to be seen as a good parent.

Power Under Parenting (Permissive/Uninvolved)

- Parent struggles to set and maintain clear boundaries.
- Parent feels overwhelmed with the stress of parenting and thus checks out.
- Parent avoids doing things that upsets their children.
- Parent fears conflict and feels incapable.
- Parent sees parenting as a burden.



Power With Parenting

- Parent believes children should be treated with respect, kindness and understanding.
- Parent seeks connection and accepts child as they were without trying to control them.
- Parent believes children are not inherently bad and are doing the best they can.
- Parent accepts responsibility for their own emotional wellbeing and does not place it on the child.
- Parent is committed to creating an environment of safety and security.

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Day 4

GET CURIOUS

Today, i invite you to get curious and dig deep. Reflecting back over yesterdays task of pinpointing your parenting style, lets try to uncover what feelings come up for you when in that particular parenting mode.

1 What feelings and emotions come up for me when i am in the 'Power Over ' Parenting style? (Are you stressed? Tired? Feel disrespected?)

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2 What feelings and emotions come up for me when i am in the 'Power Under ' Parenting style? (Are you panicked? Feel powerless?)

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3 What beliefs/barriers/mindsets stop me from parenting from the 'Power With' style? (e.g feels to hard, don't believe it is effective, parents raised you differently)

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Day 5

NAMING OUR EMOTIONS

We often put feelings into two categories, either 'good' or 'bad'. It is important that we recognise that feelings are just feelings. If we think a feeling is bad, we might try to ignore it or bury it. When our children exhibit 'bad' feelings, they may get chastised or punished for it. Today I would like you to get into the habit of naming your emotions. One you name what you are feeling, what if you didn't react to it? What is it you simply notice it and let it go?

CIRCLE WHAT EMOTIONS YOU CONSIDER 'BAD' IN RED.

ANGER FEAR PRIDE LONELINESS DEPRESSION JEALOUSY SURPRISE
IRRITATION BOREDOM SELF CONFIDENCE FRUSTRATION
DEFIANCE ANNOYANCE SADNESS EMBARRASSMENT COMPASSION
HAPPINESS SHAME GUILT ENVY DISGUST LOVE

CAN YOU TRY?

- When you are feeling a strong emotion, can you to the best of your ability, name the emotion, accept it without judging it, and allow it to pass.
- When your child is feeling a strong emotion, can you to the best of your ability, help them name the emotion, then accept it without judging. You could say something like 'Are you feeling.....Its ok to feel that way. I'm right here with you we can wait until it passes and talk about it.'

REMEMBER.....

- Practice makes this easier, you will not get it straightaway.
- We are all imperfect, give yourself and your child compassion. Both you and your child are doing the best you can.
- Practice forgiveness - for your child and for yourself. Everyday, commit to showing up and trying again.

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Day 6



PLAYFUL PARENTING

Lets face it, life can be tough right!?. Especially with kids, theres a lot to do and get done. Today i would like you to consider how to bring some lightness, joy and play into day to day life with your children. It has been said that 'Play is the work of children.'

Play does so much to lessen conflict and increase connection.

1 Make a list of the things that bring you joy.

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2 Make a list of the things that bring your children joy. What sort of activities do they get lost it, what games do they like to play?

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3 Can you intentionally set aside some time to play with your children today. It doesnt have to be long time, and it doesnt have to be structured. What ways can you bring playfulness to your parenting?

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Day 7

4 STEPS TO REPAIR

Congratulations on making it to day 7. On this day i want to honour the fact that this stuff isn't easy. We are imperfect beings and change takes a while. So on those days when everything seems to go wrong, when there is disconnect and chaos, this is your reminder that there is something you can do - REPAIR. Repair means that whatever has happened, you are able to own your own triggers and reactions and are able to apologize to your child for any negative reactions. Real and genuine repair is what maintains the connection

STEP ONE - CONNECT.

- I regret how i, because it caused you

Feel free to add your own version below in your own words.

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STEP TWO - VALIDATE FEELINGS?

- You are feeling.....because i

- I'm sorry that because iyou are feeling

STEP 3 - APOLOGISE AND MAKE A COMMITMENT TO CHANGE

- In the future/Next time, i'll do my best to

- For now, would it support you if/would you like me to.....

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Congratulations

I hope that these 7 days with this workbook has allowed you to dig deep and reflect on your parenting in order to kickstart your growth.

These 7 days are only the beginning, but give yourself permission to celebrate. Its not easy to face our flaws and self reflect but it is absolutely worth it, both for yourself and your children.

I would love to support you in your continued growth and help strengthen your connection with your children. If you would like to book a free 30 minute consultation to see if 1:1 Parenting Coaching is for you, please do reach out using the contact details below. i also offer group coaching - full details are available on our website.

LETS CONNECT?



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