

WHY DOES MY CHILD'S BEHAVIOR TRIGGER ME?

You are taking the behavior personally

It causes you to question your parenting

You were already stressed/irritated

You have an unidentified need in that moment (hungry, tired, etc.)

It triggers your shame/guilt

You feel a lack of control in the situation

Their big reactions trigger your anxiety or trauma

You feel your child is being intentionally disrespectful

You expect they should know better

You didn't realize their behavior was their way of communicating



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Adapted from @_ashappyasamother