

EMOTION COACHING

Dr. John Gottman's framework for building connection and trust with your child.



1

To start, state the emotion. Give it language. Slow everything down. For example, "you're upset."

2

Next, see the emotion as an opportunity for connection. (intimacy and teaching.) For example, "I'm upset too. Today has been hard for us both." Watch for your child to take a big sigh, or start talking. Just listen.

3

Step Three, listen with empathy and validate feelings. Say things like, "mm-hmm, yes. I hear you. Tell me more..."

4

Step Four, help facilitate more describing language / labeling feelings. This sounds like, "you must have also been feeling 'misunderstood, disrespected, embarrassed, angry . . ."

5

Step Five, Set limits while exploring solutions. This sounds like, "you have every right to be (upset,) but it's not okay to (hit your sister). What ideas do you have that you could do when you're (upset?)"

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