



HOW TO DITCH “Grumpy Mom” FOREVER!

ONE

I want you to think about the last time your kids or husband made you mad. Preferably really, really mad. Try to take yourself back to that moment in your head. Think of everything they were doing and saying. Think of how they were acting, their tones of voice, and volume.

Now.

I want you to ask yourself why what they were doing was a problem. Really. What does it mean about them? What does it mean about you? What does it mean about your relationship with them?

Write those thoughts here:

TWO

Pick a thought from what you wrote above. Maybe it's a thought that comes up for a lot? Maybe it's one that seems the most urgent? **How does that thought make you feel?** Think the thought right now and tap into the feeling you get. Try to be specific. Mad? Furious? Disappointed? Frustrated? Powerless?

Write that one word emotion here: _____

THREE

Think about when you're feeling that feeling. **How do you act when you're feeling that emotion?** Do you withdraw? Lash out? Grab a cookie? Lecture? What else?

FOUR

Consider the answers to some of these questions:

What else seems true, but doesn't feel quite so bad?

Could someone else be in this situation and think something else? Like what?

Could you feel the feeling you named without suppressing/ ignoring/ reacting to it?

What would be different if you didn't believe that thought?
