

Exercise 3-4: Recognizing Feelings

INSTRUCTIONS: Think about times when your child is hurt, worried, or frustrated.

A. How does your child respond?

- | | | |
|--|--|---|
| <input type="checkbox"/> cries | <input type="checkbox"/> bites | <input type="checkbox"/> slams the door |
| <input type="checkbox"/> sucks thumb | <input type="checkbox"/> retreats to room | <input type="checkbox"/> bites nails |
| <input type="checkbox"/> whines | <input type="checkbox"/> stomps feet | <input type="checkbox"/> pulls hair |
| <input type="checkbox"/> cuddles blanket | <input type="checkbox"/> withdraws in self | <input type="checkbox"/> holds breath |
| <input type="checkbox"/> hits | <input type="checkbox"/> runs | <input type="checkbox"/> other: _____ |
| <input type="checkbox"/> sulks | <input type="checkbox"/> becomes quiet | <input type="checkbox"/> other: _____ |

B. Are your child's methods of expressing frustration, and other feelings, acceptable?

Yes No: if not, how would you like your child to express his or her feelings?
