

Angry and/or Shutdown



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|----------------|-------------|
| Anxious | Humiliated |
| Blamed | Hurt |
| Confused | Jealous |
| Disappointed | Judged |
| Disgusted | Lonely |
| Embarrassed | Overwhelmed |
| Fearful/Scared | Regret |
| Frustrated | Sad |
| Grief | Shamed |
| Guilt | Worried |

What you see in behavior from your child is just the tip of the iceberg. Underneath are big emotions that can be hard to wrestle with for a child.

Help your child understand what may be causing big outbursts by helping them identify what may be happening inside or 'under the water'.

Share this with your child in a calm moment to spark a conversation and inspire understanding.