



CHEAT SHEETS

TOOLS

WORKSHEETS

Survival to Success Accelerator™

STARTER KIT

TheBehaviorRevolution.com

Master Action Brainstorming

Keep this worksheet handy as you learn new things to record things you're learning to stop doing, do less of, keep doing, start doing, and do more of.

STOP
DOING →

DO
LESS →

KEEP
DOING →

DO
MORE →

START
DOING →

REGULATED

OR

dysregulated

The desirability of a behavior often signals if a child is regulated or dysregulated. When dysregulated, their autonomic nervous system is sounding an alarm and triggering their behavior.

REGULATED

- Calm
- Respectful
- Follows directions
- Cooperative
- Hard-working
- Go-getter
- Cheerful
- Active & engaged
- Calm
- Kind
- Helpful

vs.

DYSREGULATED

- Yelling
- Disrespectful
- Refusing to do as asked
- Defiant
- Lazy
- Over-emotional
- Antagonizing & giving you a hard time
- Doing the opposite of what you asked
- Unmotivated
- Sad or flat emotions
- Frozen

This child feels **sate.**

This child feels **unsafe.**

SIGNS OF

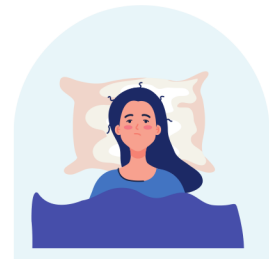
dysregulation



Expressing Anger —
not at all or way too
intense



Feeling Numb —
disconnected,
dissociated



Sleep Issues — trouble
sleeping or sleeping too
much



Lack of Confidence —
prevents engagement



Trouble Focusing or
Racing Thoughts



Burnout — exhaustion,
overwhelm



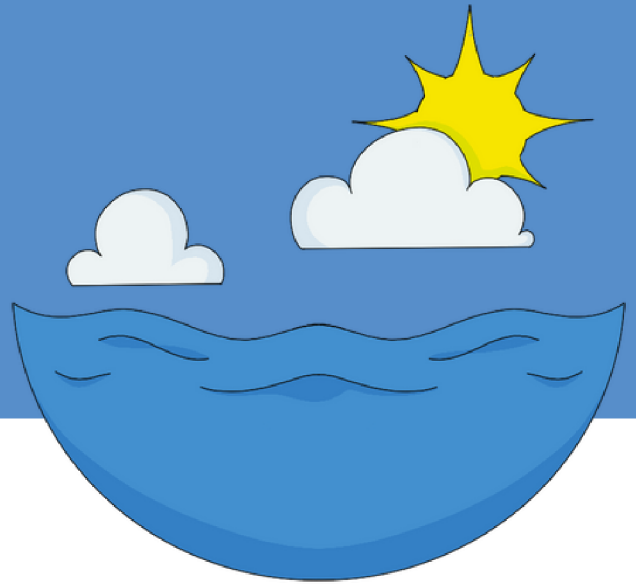
Low Energy — anxious
or depressed



Trouble Getting
Started — resistance,
procrastination

STEPS TO CREATE

calm



How parents can get and stay calm with their children.

REALITY CHECK

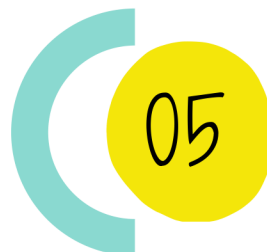
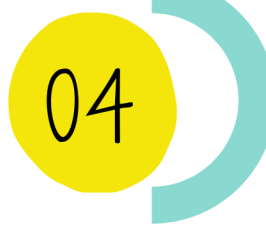
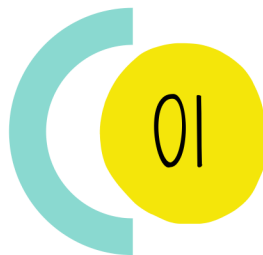
Once you accept that behavior is not willful, nor stupid or lazy, you have built your foundation for calm.

QUIT TAKING IT PERSONALLY

Leave your own emotions about your child's behavior out of it.



Not only are you creating calm for your child to borrow and attune to, but you're also modeling how you want your child to respond to big emotions and intensity as well.



FACILITATION

You are teaching lagging skills and naturally improving a similar future situation.

COLLABORATION

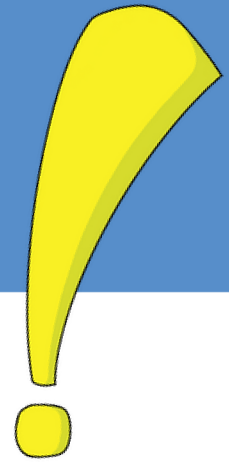
Work with your child, even when they are challenging you.

CONTROL

You can maintain ultimate control of a situation without yelling, slamming, and threatening.

STEPS TO TAKE DURING

meltdowns



When your child is in a full meltdown, there's nothing you can do to stop it. The brain has essentially been hijacked and it has to cycle and recover. No amount of talking or rationalizing will help. In fact, that actually makes it worse because, in meltdown, the child's thinking brain is inaccessible. What you can do is offer support in a way that a child in a meltdown can handle and needs. Follow these steps.

1



STAY CALM

Lend your calm to your child.

2



SHOW EMPATHY

Let your child know that you see their struggle.

3



RESPOND, NOT REACT

Pause and respond with purpose.

4



STOP TALKING

Be silent. Talking only adds to the overwhelm.

5



HONOR YOUR CHILD'S NEEDS

Stay If your child needs, or leave the room If that's what they need.