



## WORKSHOP ACTION PLAN Meeting The Goal Of Protection

Think of a recent high emotion incident with your child. Describe below.

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How was it related to your child not meeting the goal of protection and thus belonging?

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Write out the 4 steps you could have used to accept and respect your child's feeling in that moment.

1. Listen quietly and attentively. \_\_\_\_\_
  2. Acknowledge feelings with a word. \_\_\_\_\_
  3. Give the feeling a name. \_\_\_\_\_
  4. Give your wish. \_\_\_\_\_
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