

## HIGH GUIDANCE

### Emotion Coaching

“Come sit with me and we will talk about how you are feeling right now.”

- Value sharing emotions
- Use empathy and understanding
- Use guidelines
- Flexible
  
- Feelings important & trusted
- How to name & understand
- Learn about connection & wide range of emotions
- Problem solve
- Can calm self and manage feelings

### Disapproving

“There is nothing to be afraid of in your room, just go to bed and go to sleep.”

- Don't value emotions
- Negative emotions should not be allowed to happen
- All Good or all bad
- Miss value that all emotions are part of daily life
  
- Certain feelings should be off
- Difficult to regulate certain emotions
- Learn some feelings won't be noticed unless escalated
- Less likely to talk to parents in-case they will be punished

## HIGH EMPATHY      Laissez – Faire

“I'm sorry your brother took your toy away from you.”

- Compassionate
- Recognise and respond to emotions
- Unconditional love
- Fear of setting limits incase send wrong messages
- Love only connected to behaviour
- Feelings are valued
- Ok to misbehave, can do anything
- Struggle to calm, excited, angry

## Dismissive      LOW EMPATHY

“I know you miss mommy, but let's do something fun like make cookies.”

- Loving and compassionate
- Negative feelings not important
- Unsure what to do with feelings
- Miss connection opportunity
  
- Negative emotions can't be trusted
- Only good to feel happy
- Avoid emotions
- Struggle to soothe self
- Feelings only noticed if escalated

## LOW GUIDANCE