

# Conscious Parenting

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## Transforming Triggers So You Can Be Present in Your Parenting Today!

Use this printable document to help you work through a trigger:

### Creating Space

Something magical happens when you create the space for something in your life. I encourage you to create the space for healing by doing a few simple things:

**Time:** Carve out time each week to dedicate to self care and healing. To be the most successful, it should be at approximately the same time each week. So whether it's first thing in the morning, right after putting your child down for a nap or bedtime, consistency is key. Start out with a couple minutes and expand to as much time as you can manage!

**Space:** Having a sacred space to meditate, heal, journal, think, sip tea is essential. It should be a place that is just for you and the kids can't enter or reach. Place any meaningful items such as pictures, flowers, crystals etc... in your sacred space. Make it inviting so your are drawn to spend time there each day.

Creating the physical time and space with the intention of self-care and healing will open up the emotional space within for joy, compassion, love and true happiness! The more you use this time to clear out the old unwanted feelings and emotions, the more you will experience and attract the things you truly want in your life.

One great way of clearing the old unwanted emotions is The Emotional Freedom Technique. This worksheet will help guide you with the process and also serve as a concrete reminder to tap.

- Make a list of triggers you would like to work on. Start with the most recent ones that occurred today, or this week. I encourage you to keep a running list of triggers in your journal and tap on a few each week.

- 1.
- 2.
- 3.

- Pick one you'd like to work on today. Write an affirmation or intention using positive language on what you'd like to experience instead of the trigger. (Ex. *When I feel powerless, I will be able to let go.*)

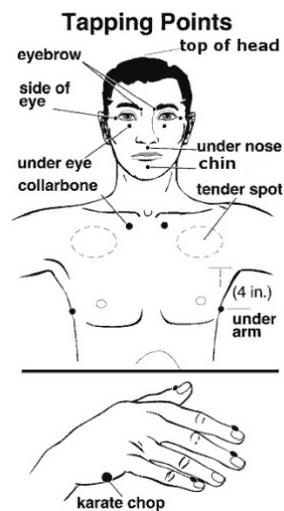
1.

- Jot down some feelings, thoughts, images etc that you encounter when being triggered by this specific circumstance:

- Scan your body while thinking about your trigger and find any sensations. Describe here:

- Give these sensations a score between 0 and 10, 10 being most intense: \_\_\_\_\_

- Use these feelings thoughts and images to tap using the following script (Example is in parentheses, insert your own trigger there):



Tap karate chop point and say:

Even though I feel (*powerless when my daughter won't eat*), I completely love and accept myself.

Even though I feel (*like a horrible mom when all my daughter eats is carbs*), I completely love and accept myself.

Even though I feel (*anxiety when my daughter won't eat and I think she will be unhealthy*), I completely love and accept myself.

Tap each point; eye brow, side of eye, under eye, under nose, chin, collar bone, and under arm; while repeating trigger phrases (powerless, anxiety, bad mom, etc)

Come back to karate point and say:

Even though I feel (*powerless when my daughter won't eat*), I completely love and accept myself.

Take a big, deep clearing breath.

- Scan your body again for any sensation while thinking about the trigger. Give it a score between 0-10: \_\_\_\_\_
- If the score is not a 0 you can tap again using the same sequence and any new feelings, thoughts and images.

You are doing an amazing job taking care of yourself so that you can take care of your children! Working through these triggers will change your life and the lives of your children. It is incredibly powerful work! Please feel free to contact me with any questions.