



An Introduction to Emotion Coaching A Workshop for Parents

Participant Guide

Presented by:
Mike Corrigan, LMSW, ACSW
Corrigan Counseling

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Focus On Love Foundation





Goals of Parenting

- Life skill building
- How to thrive in the world
- How to manage ourselves & the vulnerabilities of being human

The Problems of Parenting

- We wear two hats
- Parental Agenda
- Kids are people

The Problem of being Human

- We can't/ don't know everything
- We are unsure & uncertain
- We need to practice to learn
- We make mistakes.
- We are critical of ourselves
- We get overwhelmed

Our Brains don't Work the Way We Think They do

- Bias of Language
- Bias of perception
- Bias of thought
- Problem solving bias
- Bias of seeing feelings as problems

Emotions Rule



Parenting with Emotion Coaching

- Teaching that all emotions are normal
- Teaching that emotions have a positive purpose
 - especially "negative" emotional states
- Teaching what to expect and how to tolerate negative emotional states

Five Key Steps to Emotion Coaching

- Be Aware of your Child's emotions
- Recognize the Emotion as Opportunities for Intimacy & Teaching
- Listening with Empathy and Validate Their Feelings
- Help them Verbally Label their Feelings
- Setting Limits/ Problem Solving

What to do When...

- When You're Pressed for Time
- When there's an Audience
- When You're Too Upset, Too Tired
- When there's Serious Misbehavior

Questions & Examples



EXHAUSTED



CONFUSED



ECSTATIC



GUILTY



SUSPICIOUS



ANGRY



HYSTERICAL



FRUSTRATED



SAD



CONFIDENT



EMBARRASSED



HAPPY



MISCHIEVOUS



DISGUSTED



FRIGHTENED



ENRAGED



ASHAMED



CAUTIOUS



SMUG



DEPRESSED



OVERWHELMED



HOPEFUL



LONELY



LOVESTRUCK



JEALOUS



BORED



SURPRISED



ANXIOUS



SHOCKED



SHY

Resources

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Corrigan Counseling
Mike Corrigan, LMSW, ACSW
810-599-2888
mikecorriganpc@gmail.com