

FamilyLife Blended® Radio Transcript

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Parenting Troubled Emotions—2

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Ron: Parenting a troubled child always begins with managing ourselves first.

Announcer: For FamilyLife Blended®, here's Ron Deal.

Ron: If your child is sad, or angry, or depressed you feel something, too. If you're aggravated with your child your response to what their feeling will likely be dismissive or sharp. If you're worried about them you may try to fix them to fix yourself. Here's the problem. Both of these responses are really self-serving.

So start by noticing your own emotions. Then you can listen to your child and hear beneath their words. Like sadness in a child says something is missing. Anger says "I'm hurt" and "I'm frustrated"; and feeling alone reflects a desire to belong. Help your child deal with that, and then you're really helping. For FamilyLife Blended, I'm Ron Deal.

Announcer: To find out more visit familylifeblended.com.

FamilyLife Blended with Ron Deal is a production of FamilyLife, of Little Rock, Arkansas. Help for today. Hope for tomorrow.

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