

# Temper Tamer Parenting Course - Journal Page

## Understanding Your Child: Behavioral Motivators & Behavioral Controls

▶ Think of a time you acted in a way which you later regretted.

▶ What was going on **emotionally** that may have triggered that way of behaving?

▶ Emotional Trigger

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▶ Regretful Behavior

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▶ What do you do/have you done while feeling joyful?

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▶ What do you do/have you done while feeling depressed?

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