



Amy Speidel, Conscious Discipline Master Instructor



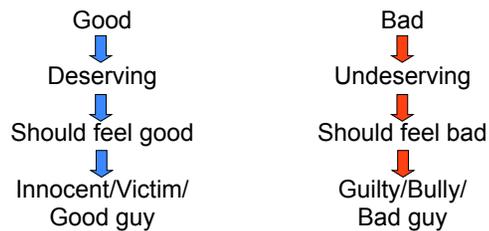
CONTROLLING AND CHANGING ME IS POSSIBLE AND HAS A POSITIVE IMPACT ON MY CHILDREN.



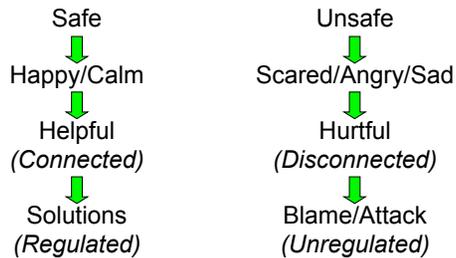
CONNECTION BRINGS COOPERATION.

CONFLICT IS AN OPPORTUNITY TO TEACH

STRESSFUL WAY TO PERCEIVE BEHAVIOR



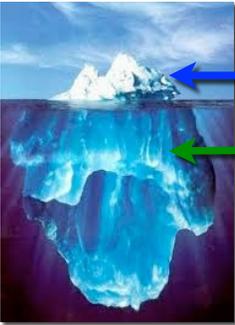
HEALTHY WAY TO PERCEIVE BEHAVIOR



WE'RE WORKING SO HARD BECAUSE WE'RE TRYING TO DO IT BACKWARDS.

Change the state **first**.
Change the behavior **second**.



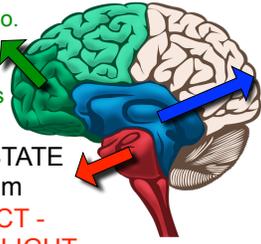


Behavior
Adult symptom relief

Self-regulation
Manage inner states in order to learn new skills and develop empathy.

Conscious Discipline 800.842.2846

EXECUTIVE STATE
Frontal Lobes
I know what to do.
I am able to responsibly solve problems



EMOTIONAL STATE
Limbic Area
How do I feel about this?
How have I felt in the past?

SURVIVAL STATE
Brain Stem
Just REACT - FIGHT OR FLIGHT

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ADULT FIRST

Integrative Systems

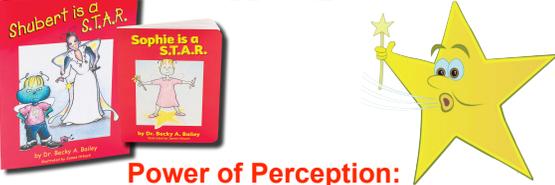
Thinking Systems
Tendency to complain

Emotional Systems
Tendency to verbally lash out or exclude others

Survival Systems
Tendency to physically act out our emotions

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COMPOSURE
BEING THE PERSON YOU WANT OTHERS TO BECOME



Power of Perception:
NO ONE CAN MAKE YOU ANGRY WITHOUT YOUR PERMISSION

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Be a S.T.A.R.

Smile
Take a deep breath
And Relax

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My job is to keep you safe.
Your job is to help keep it safe.



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**CHILDREN REQUIRE A CALM, SAFE CO-REGULATOR
IN ORDER TO LEARN HOW TO SELF-REGULATE**



Being the family's Safe Keeper:
Providing support in the home
requires our willingness to
"join" the family as a loving
member.

SAFE KEEPER RITUAL

My job is to keep you SAFE.
Your job is to help keep it SAFE.

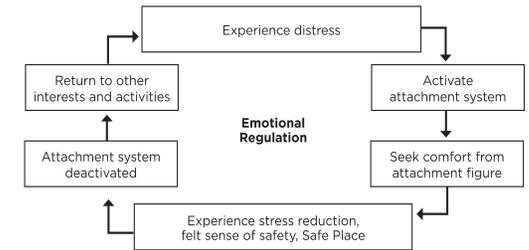
**TRIGGER THOUGHTS + STRESS =
BLOW UP**

KNOW YOUR TRIGGERS

- | | |
|---|---|
| <input type="checkbox"/> Lying | <input type="checkbox"/> Blame others |
| <input type="checkbox"/> Screaming / Yelling | <input type="checkbox"/> Pouting |
| <input type="checkbox"/> Tattling | <input type="checkbox"/> Ignoring / Not listening |
| <input type="checkbox"/> Disrespectful | <input type="checkbox"/> Interrupting |
| <input type="checkbox"/> Destructive | <input type="checkbox"/> Whining |
| <input type="checkbox"/> Mouthy foul language | <input type="checkbox"/> Over reacting / Dramatic |



**ATTACHMENT AND EMOTIONAL
REGULATION**



**UNSKILLED
REACTIONS**

LEAD TO
CONFLICT

CREATES AN OPPORTUNITY TO

**GAIN MORE
SKILLS**

HELPS CHILDREN HAVE

**APPROPRIATE
ACTIONS**



MORALITY REQUIRES JOY JUICE

Oxytocin + Dopamine + Endorphins

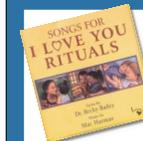


Stuff



Joy Juice

= **PLEASURE**



**Eye contact
Touch
Presence
Playfulness**

Twinkle, twinkle, little star.
What a wonderful child you are!
With bright eyes and nice round cheeks,
Talented person from head to feet.
Twinkle, twinkle, little star,
What a wonderful child you are!

