

Understanding and dealing with Generational Trauma

8 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=2VT_VSHZ07Y](https://www.youtube.com/watch?v=2VT_VSHZ07Y)

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SUMMARY

The speaker discusses the impact of generational trauma on parenting, emphasizing how negative behaviors and mindsets can be unconsciously passed down from one generation to the next. They highlight the importance of recognizing these patterns and actively working to break the cycle for the benefit of future generations.

- *Generational trauma involves negative patterns and behaviors inherited from parents.*
- *Childhood experiences shape brain development and emotional responses.*
- *Millennial parents are in a unique position to consciously break these cycles.*
- *Awareness of personal childhood experiences is crucial for effective parenting.*
- *Neuroscience shows that the brain can change and heal at any stage.*
- *Practical tools include mindfulness techniques, accepting emotions, and repairing relationships with children.*
- *Parents should identify their triggers and work on responses based on values, not conditioning.*
- *Self-reflection and preparation before parenting can lead to healthier family dynamics.*

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Speaker 1: when your child spills something and you feel rage building up remember spills happen, but your reaction is shaped by how your parents responded to your mistakes, ask your self, if no one had taught me how to parent what would feel right to me he everyone ankita her welcome back to my channel we weblenwantosorry principles new

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technic simply for minut these can help break the automatic response for instance when

your child spill something and you feel rag building up remember spills happen, but your reaction is shaped

Speaker 1: by how your parents responded to your mistakes step three contes perenting make choices based on your value is not your conditioning ask yourself if no one had taught me how to parent what would feel right to me it real example a rahul a father i worked with he grew up in a home, where academic achievement was the only thing that matter you he found himself getting angry when his five your role child wanted to play in

Speaker 1: sirf learn letters and very quickly he recognise this pattern and he was able to understand that play is learning for children and this pressure that he was putting on his child was coming from his own troma from his own parents, now we sartiny haven , number ne informaion we have research at our finger tips we have mental helth awerness, we have to oslakteripy imotional intelligence

Speaker 1: these are the main stem concepts and thankfully we also have communities, we can find groups friends circles organizations we can learn and share let me share some practical the post technique when a tiger silently comes to ten before responding your child can both love you and be upset with you so please accept all emotions and black in white and number three repair when you mess up and we will all to

Speaker 1: go back apologize your child in our child work you can repair yourself by giving your inner child what you need it whatever jester you have that a more about expressing anger of frustration you can replace them with a gentle jester you can physically remind yourself to respond with compassion in stress reacting harshly, are you to really think about your energy levels your relationships yourself what most

Speaker 1: of us are functioning, but we are chatting or rooms and remember recognizing that your parents made mistakes doesn't mean inculpate you they did the best they could with what they knew now you no better i no better so we must do better if this resonates with you here's what i want to do first you had that subscribe, button notification bell so you don't miss any of our videos on parenting second or fall i am putting up in

Speaker 1: the comments allow to trigger a kind of list you can download that and it will really help you identify what your trigger is and you can definitely create a plan for responding differently remember the first in your family starts with you and it starts with you today in fact i would really recommend parents, who are not yet parents you know or second time parents to really go back and again do a little bit

Speaker 1: of self work and inner? what are those things that still upset what are those reactions that you would like to change what was in which he would like to respond with compassion and love and you can do little self work before you get into parenting this new child who's going to come into your life is can really be mind-blowing do this with your partner just go and end front of the mirror

Speaker 1: make a list of all the things you want to change in ten and externally i'm telling you a lot will come out of this exercise and i'm showing your future child is going to thank you for this and if your parent start using all these techniques to improve today i will see you in the next video