

Why do big emotions trigger us?

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=IXzJXILSYyQ](https://www.youtube.com/watch?v=IXzJXILSYyQ)
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SUMMARY

The discussion focuses on the challenges of parenting, particularly in managing emotions and responding to children's behavior. It emphasizes the importance of empathy in parenting and understanding the emotional needs of both the parent and the child.

- *Parents often feel overwhelmed and react negatively due to exhaustion.*
- *Empathic responses can help improve communication and understanding between parents and children.*
- *Children may act out to seek attention or connection, especially during stressful times.*
- *Parents should recognize that their feelings of inadequacy do not define their parenting abilities.*
- *It's crucial to separate a child's behavior from personal feelings of failure as a parent.*
- *The conversation highlights the need for self-compassion in parenting.*
- *Acknowledging and addressing one's own emotional struggles can lead to better parenting outcomes.*

you're always so grumpy why are you so ungrateful you need to go to your room ah I hear you I hear that you're having a hard time tell me more do you see the difference between an empathic response and an unempathic response so the biggest issue that I have is around sleep so I I put the baby to sleep and then he deliberately makes noise so that he wakes her up I sometimes lose myself and I actually scream at him this is

what we as parents do because we don't understand what our children are going through and we're so exhausted that we ask them to achieve impossible achievements with their emotions your son at night needs you to be calm you try to push him away he wants mommy more and somebody's going to explode I'm a single mom of a three and a 5-year old and with my 5-year-old daughter we get into these terrible fights so she will be kicking screaming sometimes fting I

feel very anxious about it because I feel so powerless you understand that it's not your daughter who's bad it's your story around who you are that is quote unquote bad you've decided you're a bad mother around her because you can't manage those feelings you give yourself an f grade so let me break it down in two steps so first step is about type the word follow to get a link to my podcast