

Do you get triggered when your children fight?

#parentinglife #parenting101 #parentingtip

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=XIMDNFLKAK4](https://www.youtube.com/watch?v=XIMDNFLKAK4)

<https://www.youtube.com/watch?v=xiMDNfLKaK4>

SUMMARY

Understanding our reactions to our children's fighting often stems from our own sibling experiences. Whether we had a negative relationship with our siblings or a positive one, these past experiences can lead us to overreact and worry about our children's future relationships.

- *Our reactions to sibling fighting are influenced by our own sibling dynamics.*
- *Negative sibling experiences can lead to heightened anxiety about our children's conflicts.*
- *Positive sibling relationships may cause us to fear that current fights threaten future closeness.*
- *We cannot predict the outcome of our children's relationships based on their current behavior.*
- *It's essential to create a pause between our children's actions and our reactions.*
- *Focusing on the present moment can help us manage our responses more effectively.*

starting with ourselves we need to understand why we are having such a big reaction to our children's fighting and pretty often that happens for one of two reasons the first of these is that we had a crummy relationship with our own siblings so the other half of the stuff related to you is when you and your sibling or siblings had a great relationship when you see your own children fighting you again catastrophize and think well if they're

fighting like this now how are they ever going to have the amazingly close relationship that I have with my SI and then we panic and we think this is a thing that needs to be fixed urgently we can never know how our own relationship with somebody else will turn out we think that if we can prevent them from fighting now we'll be doing everything we can to make sure they get along with each other later but we have no way of

knowing this all we can do is be here with what's here right now today so whichever of these things is true for you the best thing you can do is to create a pause between your child's behavior and your reaction