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# PARENTING

with **Dorrie van Roij-Houtappels**

## SESSION 4: Dealing With Challenging Family Situations.

**Golden Rule: No matter how difficult the situation, physical force is never the answer.**

**Try this:** Pay attention and feel when you go out of your good state. When this happens visualize a red flag. This signals that it is time to take the following steps:

**Step 1:** Take action to come back into your good state using one or more of the following options:

- Option one: Doing squats
- Option two: STOP and PAUSE
- Option three: Physically remove yourself from the situation.
- Option four: Start focusing on breathing to calm yourself down.

**Step 2:** Now that you are back in a good state, you are clearer again and you can have a look at your own patterns. More information about patterns in Session 5.