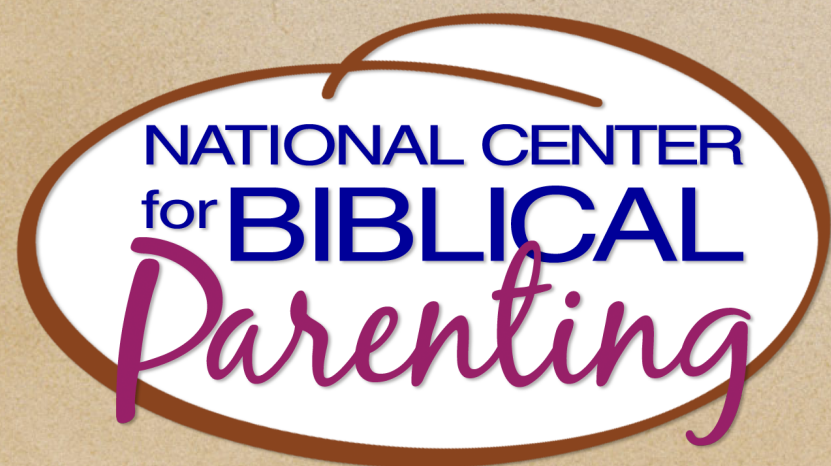


# **Session #2**

## **Managing Emotions**

**Dr. Scott Turansky**

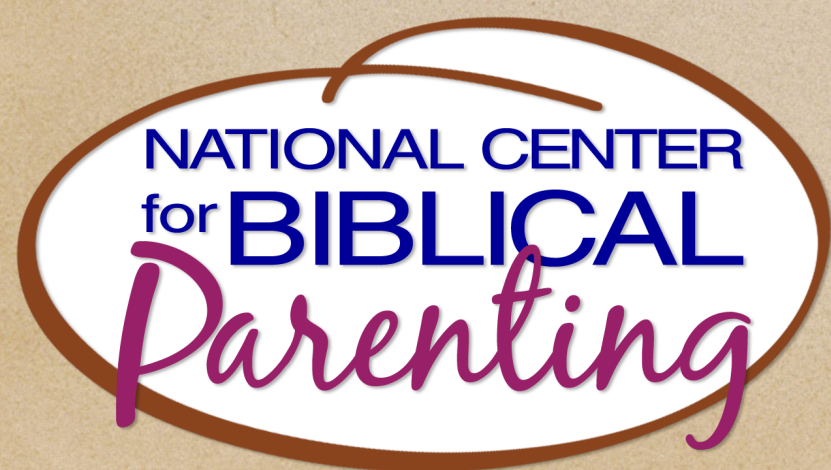
**Parenting Tips for Challenging Times**  
**October 12, 2020**



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**Did you work on the homework?**



**BiblicalParenting.org**



**Did you see progress?**



**BiblicalParenting.org**



**BiblicalParenting.org/ChallengingTimes**



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**YOU MUST  
REGISTER**

# **Session #3 Navigating Electronics**

**Dr. Scott Turansky**

**YOU MUST  
REGISTER**

**Parenting Tips for Challenging Times**  
**Monday, October 26, 2020, 8:00 pm Eastern Time**

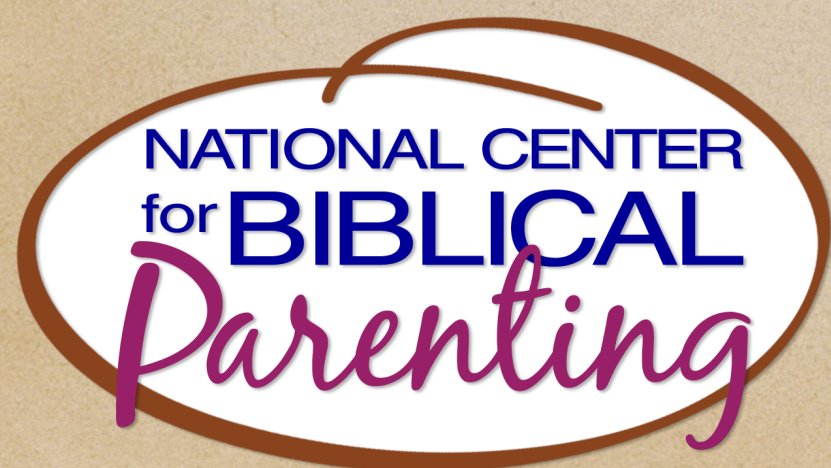


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**[BiblicalParenting.org/ParentingPowerPack](https://BiblicalParenting.org/ParentingPowerPack)**



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**Anger**

**Sadness**

**Anxiety**

**Let it go!**

**1 Peter 2:23**

**Isaiah 61:1-6**

**Philippians 4:6-8**

**Forgiveness**

**Gratefulness**

**Prayer**

**LOVE**

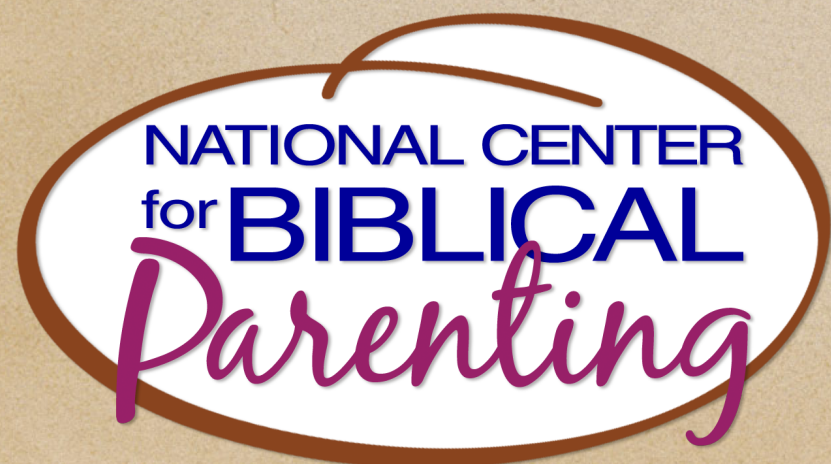
**JOY**

**PEACE**



## The “Off Track” Department of a Child’s Heart

- **Bad Attitude**
- **Defensiveness**
- **Justification**
- **Arguing**
- **Defiance**
- **Bickering**
- **Inflexibility**
- **Blaming**
- **Disappointment**
- **Demandingness**
- **Meanness**
- **Anxiety issues**
- **Rationalization**
- **Despair**
- **Resistance**
- **Anger Episodes**

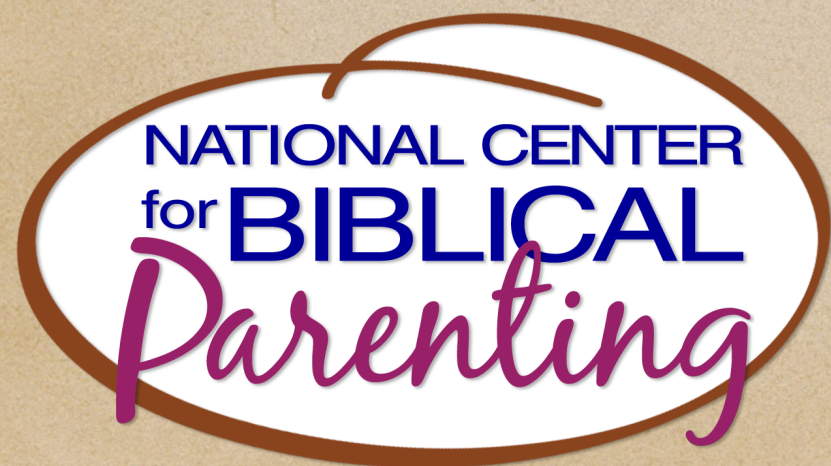


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## **The “Off Track” Department of a Child’s Heart**

- **Recover**
- **Forgive**
- **Apologize**
- **Confess**
- **Humility**
- **Courage**
- **Flexibility**
- **Take Responsibility**
- **Problem-Solving**
- **Gracious Speech**
- **Reconciliation**
- **Restitution**
- **Initiative**



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**Let's do another poll.**

**Does your child have challenges in  
the Off Track Department?**

**Yes or No**



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## Focus on the Heart

*“For out of the  
abundance of the  
heart the mouth  
speaks.”*

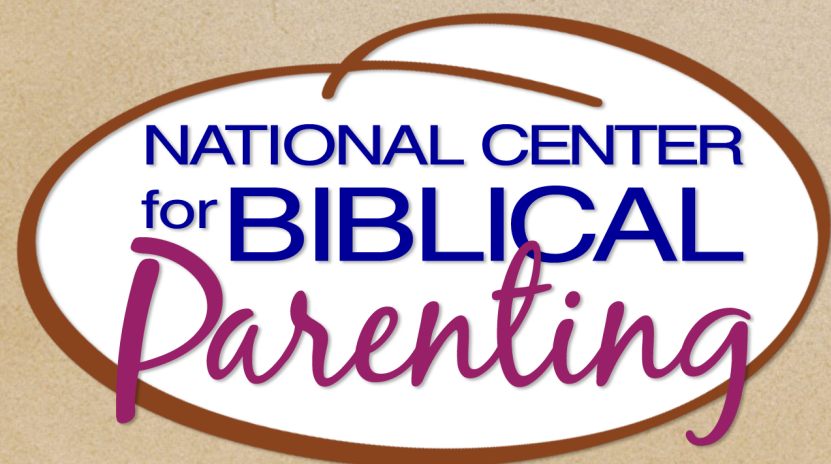
*—Matthew 12:34*

# Tendencies

Desires

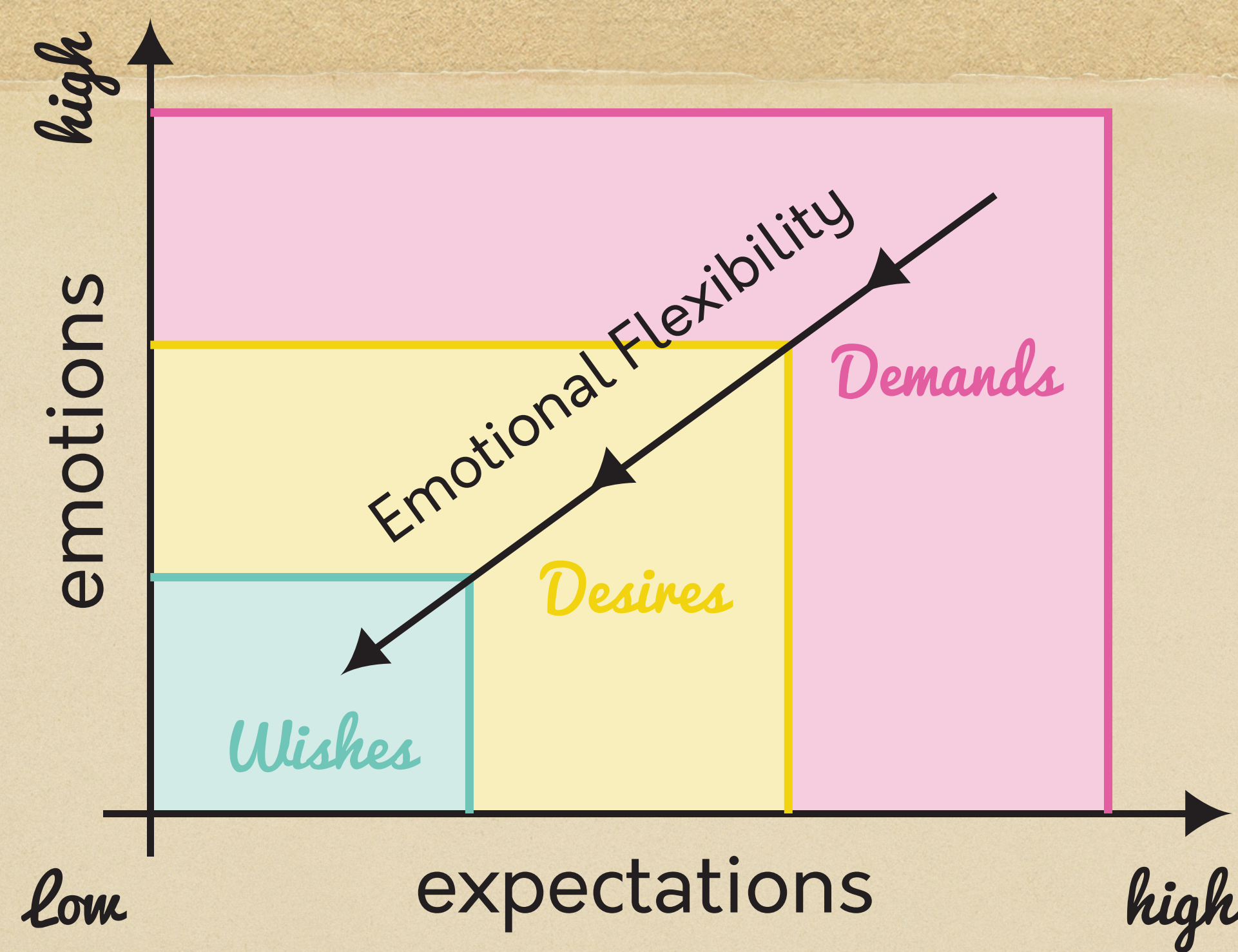
Emotions

Beliefs



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(Image designed by Elena Zwetsloot, Biblical Parenting Coach from the Netherlands)

A heart-based approach to parenting is essential for addressing this problem. Simply using rewards and punishment is usually ineffective and often makes the problem worse. Children with high emotions and high expectations become demanding and try to control situations using anger, badgering, arguing, and manipulation of various kinds.

Rather, the child needs a firm approach that emphasizes relationship, visioning, and structure. It's important to use a strategy that targets both emotions and desires to reduce the internal turmoil. Instead of relying only on correction to bring about change, parents must use a process of training and retraining. A multi-faceted approach to change is important.



To learn more about how the Biblical Parenting Coaching Program might help you work with your own child, visit [biblicalparenting.coach](http://biblicalparenting.coach).



# **Add Four More of the Seven Parenting Tools**

**Relationship - softens the heart**

**Visioning - provides perspective - WHY**

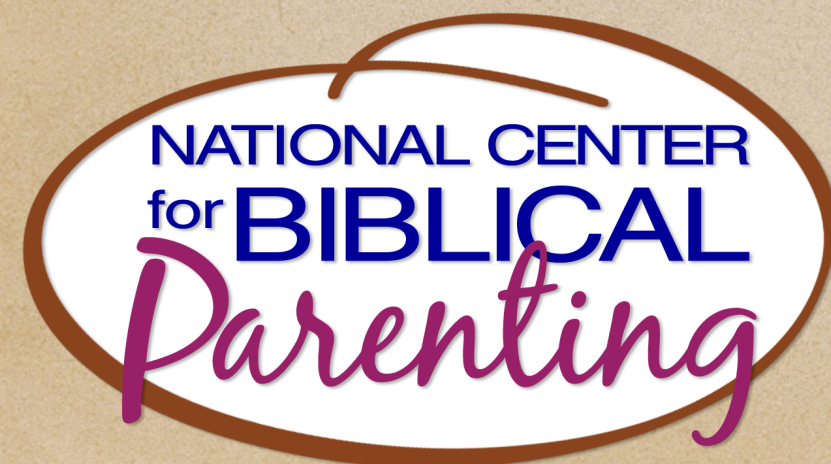
**Firmness - builds character**

**Transferring Responsibility - Own it**

**Coaching - Attitude of the Parent**

**Teaching - Provides practical steps - HOW**

**Prayer - Secret Weapons**



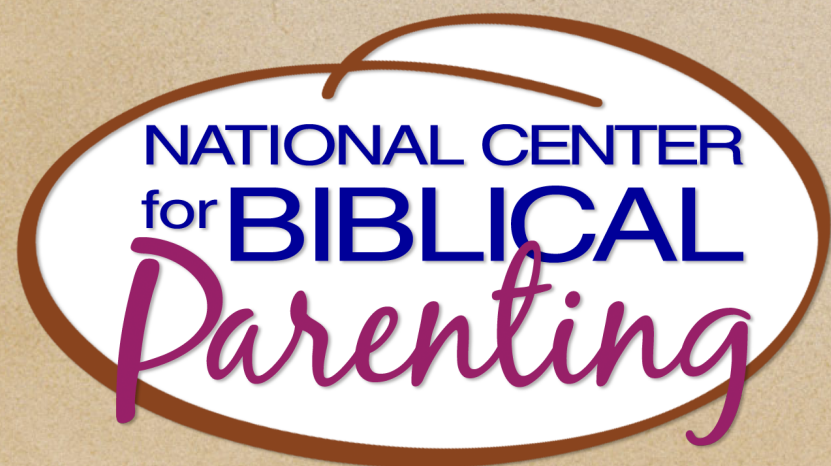
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# Two Major Parenting Cycles

**Getting Things  
Done**

**Off Track/  
On Track**

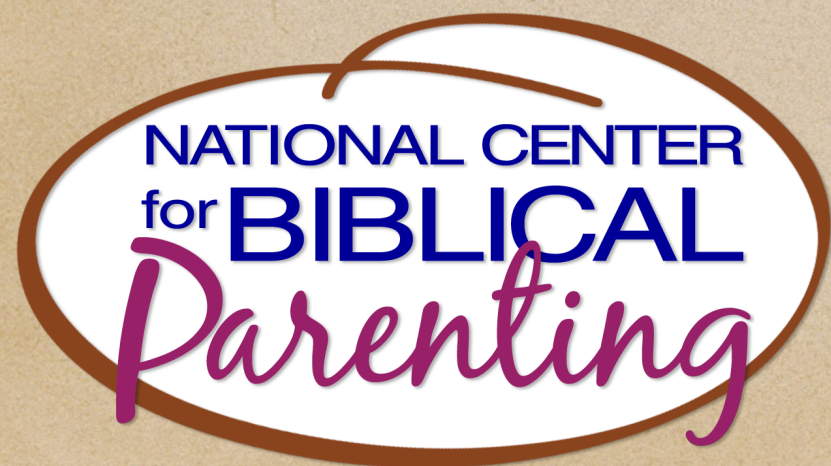


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## Technique: The Break

You need to take a Break, settle down, change your heart, and come back and see me when you're ready.

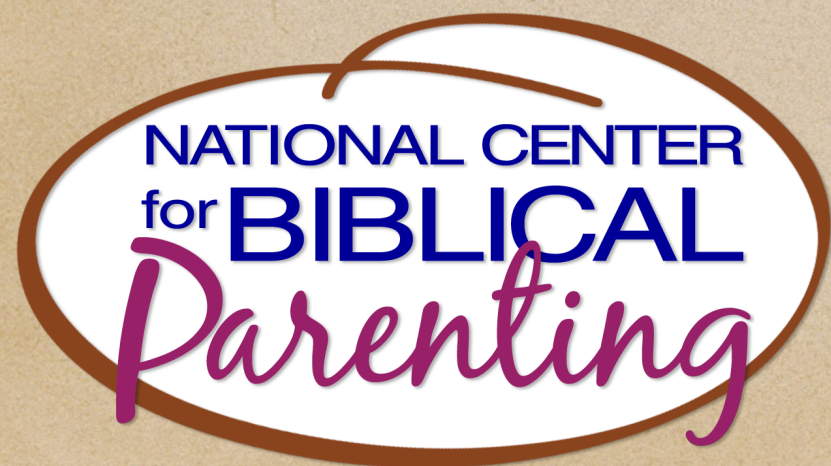


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## **Technique: The Positive Conclusion**

1. What did you do wrong?
2. Why was that wrong?
3. What are you going to do differently next time?
4. Go ahead and try again



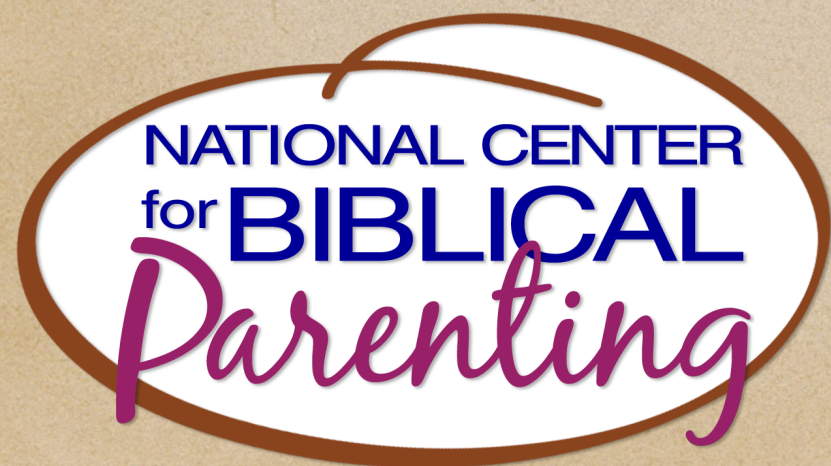
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# Addressing Patterns of Anger



**Anger**



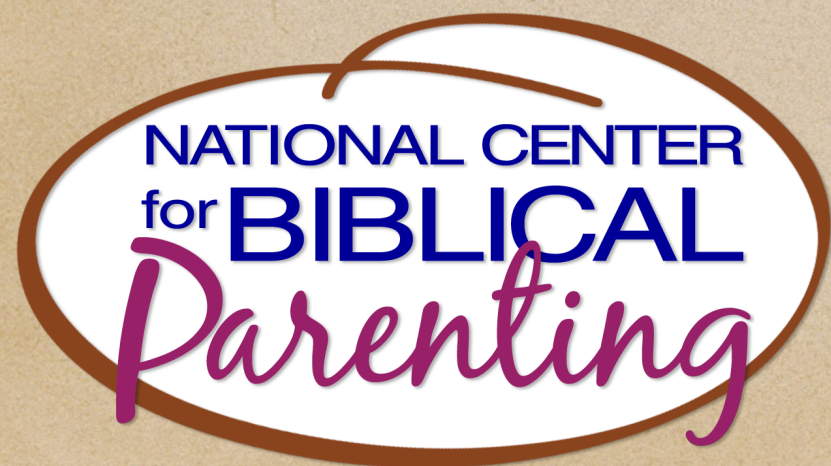
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# Addressing Patterns of Disappointment

A large, solid orange circle is centered on the page. Inside the circle, the word "Sadness" is written in a bold, white, sans-serif font.

**Sadness**



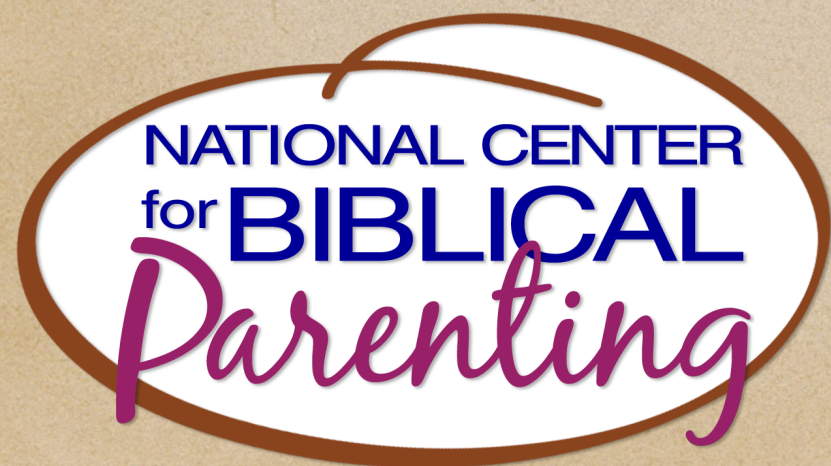
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# Addressing Patterns of Anxiety



**Anxiety**



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# **Your Assignment**

**#1**

**Practice With Your Child using the Seven Parenting Tools**

**Practice the Break and Positive Conclusion**

**#2**

**Check out the Parenting Power Pack**

**[BiblicalParenting.org/ParentingPowerPack](http://BiblicalParenting.org/ParentingPowerPack)**

**#3**

**Sign up for Session 3: Navigating Electronics  
At [BiblicalParenting.org](http://BiblicalParenting.org)**

