

TRAUMA & THE NERVOUS SYSTEM

Today's Idea: Why Rewards and Punishments Often Don't Work

Motivation requires safety and capacity, not pressure.

What I Notice

- Rewards or consequences seem ineffective when _____

- My child responds to them by _____

What This Might Be About

- If my child can't think ahead, they may be focused on _____

- This helps explain why _____

What Comes Up for Me

- When systems don't work, I feel _____

- I sometimes worry that _____

Gentle Reframe

"Safety creates motivation; fear shuts it down."

Final Reflection

- One thing I can focus on instead of incentives is _____
