

TRAUMA & THE NERVOUS SYSTEM

Today's Idea: When Stress Looks Like "Bad Behavior"

Stress responses are often mislabeled as defiance or disrespect.

What I Notice

- Behaviors others might call "bad" include _____

- These behaviors usually show up when _____

What This Might Be About

- If this is stress, my child may be feeling _____

- This behavior could be asking for _____

What Comes Up for Me

- When behavior is judged, I feel _____

- I notice pressure to _____

Gentle Reframe

"This behavior is a signal, not a character flaw."

Final Reflection

- One question I can ask myself is _____
