

Building Your Home on the Rock – Story Tool

Session 5 – November 16 & 23, 2017

REFLECT & DISCUSS: Review the Name It to Tame It discipline tool from the last session. Did you try any of the homework exercises? What did you do and how did it go?

IDEAS FROM OTHER MOMS:

Quieting: hands on belly, take a few slow breaths and let yourself just be.

Then imagine your favorite spot. A place that makes you feel peaceful (or a place you imagine would be peaceful). Go there with Jesus. Soak in the sounds, smells, sights of that place.

STORIES: Help us connect a right-brain emotional experience to left-brain logic.

Key points for writing Character stories:

1. **Briefly record what happened.**
2. **Note how you felt, including feeling words for emotions and body.**
3. **Include how you responded to what happened.**
 - a. If you had a loving response, just share how you responded in love.
 - b. If your response was not loving. Include how you did respond, followed by how you would have responded if you had responded in love.

Key points for sharing Character stories:

1. **Use feeling words for your emotions.**
2. **Use feeling words for your bodies.**
3. **Use eye contact.** (It's ok to look away and re-engage)
4. **Use tone and speed of voice.**
5. **Use facial expressions and body language.**
6. **Keep your stories concise.** (No longer than 2-3 minutes.)
7. **Stand and face the person or sit on the edge of your seat so you can use your hands and body to speak.**

EXERCISE: Joy Story

Think of a joyful memory about a meaningful event from your past week.

- Briefly describe what happened (write only enough to jog your memory).

- Write down some feeling words for this story (emotions).

- Write down how your body felt:

- How is this like you to act when you feel joy?

- Ask Jesus to respond to this memory.

Evaluation:

Working on Ourselves: Parenting Story

Think of a time recently when you gave a reactive response to your child.

- Briefly describe what happened (write only enough to jog your memory).

- Write down how you felt (emotions you were feeling).

- How did your body feel?

- Write down how you responded. Include why you think you responded this way.

- Ask Jesus to show you how you could respond differently next time.

Hearing good stories makes good storytellers. Tell a story to your child this week about something from your own childhood.

Parenting Tool – Engage Don't Enrage

REVIEW:

Left Brain -

Right Brain -

UPSTAIRS & DOWNSTAIRS

Downstairs – where your left and right brain live

-
-
-
-
-

Upstairs

-
-
-
-
-

Amygdala: causes us to _____ before we _____

Integration is: _____

When integration doesn't happen between upstairs and downstairs this is called

TANTRUMS:

2 types:

1. _____

-
-
-
-

2. _____

-
-
-
-

How to handle tantrums:

- Respond in a calm manner with clear firm boundaries
- 2nd type requires responding in a more nurturing manner with connect and redirect. Or waiting until you can communicate with them when their brain is back to being integrated.

DISCUSSION:

What stuck out to you from today's teaching topic?

Do/did you have a child who had tantrums or big emotions? How do/did you handle them?

Have you ever successfully calmed a child down from a big emotion? How?

Is there a child in your Selah group with big emotions? What could you do to help them next time they go into overwhelm?

PUTTING IT INTO PRACTICE (Homework):

Think about what causes a meltdown for your kids (possibly even a tantrum). Ask Jesus how he sees your child in this situation and pray for a strategy in how to help your child by using the tools we've learned so far.
