

# 3 STEP RESET

## PARENT REPAIR AFTER A RIFT

### 1. Pause. Put both hands on your heart.

Say to your child: "I need a minute to calm my body so I can listen."  
Turn away briefly if needed.

### 2. Regulate Yourself

Hand on heart, Take 3 slow breaths, feel your feet on the floor, or splash cool water on your hands or face.

Remind yourself: "My child is having a hard time, not giving me a hard time."

### 3. Return and Repair

"I got louder than I wanted to. I'm sorry. I'm ready to try again."  
Then use one of your connection phrases. (see page 07)

\*Repair is more powerful than getting it perfect.



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