Why are you Yelling?

Tame the Triggers in your Family

Elaine Taylor-Klaus CPCC, PCC
Diane Dempster MHSA, CPC, PCC

Co-Founders of:
ImpactADHD.com
6 Key Challenge Areas

Why the Yelling?
- Normal Triggers
- Increased Emotional Intensity
- Emotion Management

Yelling is one normal reaction when we are triggered

Emotional Intensity

ImpactADHD.com 2012 All Rights Reserved
ADDers are different!

- Limited frustration tolerance
- Difficulty with intense emotions
- Lag in maturity
- Managed by the moment (impulsive)

*(Stressed-out Parents too!)*

Emotion Management is a challenge of Executive Function

Parents of complex kids get more opportunity to be triggered

Adults with ADHD are more likely to lose their jobs due to emotionality than they are to poor work performance.

~Dr. Russell Barkley~
Triggers and Meltdowns are **Normal** Reactions

So what do you do about it?

**Meltdown Management 101**

- Get Calm
- Help Calm
- Hold Calm

Don’t do **ANYTHING** until everyone is calm!
Escaping the Threat Cycle

- Recognize the Threat
- Reclaim your Brain
- Choose a Perspective
- Re-direct your Action

Recognize the Threat

Reclaim the Brain

Choose a Perspective
Redirect your Action

Exercise: Trigger Management

1. What are my (my child’s) key triggers?
2. What are the thoughts/feelings behind the triggers?
3. What is a more supportive thought?

Own Your Own EMOTIONS!

It’s not just about stopping the yelling
Wrap Up

• What AHA's did you have?
• What action/commitment do you want to make?
• How can you help yourself be successful?

Q & A