



HOW TO TEACH YOUR  
CHILD FREEDOM FROM  
DIFFICULT EMOTIONS

# THE FREEDOM FORMULA FOR KIDS

BY ANGELA FORTH  
CERTIFIED HEALTH + LIFE COACH

Parent: "I can see that you are upset. Do you mind if I help? How about we take a moment and try to breathe and calm down together and you can tell me when you are ready. (When they are ready, then ask.) Can you tell me what you are thinking about so that we can sort it through together?"

Child: Responds as best as they can about what they are thinking about.

Parent: "Okay, so when you think about (repeat what they just told you), how does it make you feel?"

(If it's hard for the child to explain with words reassure them that it's okay and that you are there with them to help sort it out and then ask.)

"Would you like me to say a few of the feelings and then you can choose the one that feels closest to what you are feeling?"

Child: "Yes."

Parent: "Okay, do you feel sad, scared, mad, nervous?"

Child: "I feel scared."

Parent: "First of all thank you for telling me how you feel. It's not easy to be able to explain how we are feeling and I'm so proud of you. It is absolutely okay to be scared when you think about that. I would be scared if I thought about that too. Would it be okay if I teach you a little trick that I use to help me when I'm scared?"

Child: "Yes!"

Parent: "Did you know that our brain is so powerful and that it needs our help to keep it from thinking certain thoughts

over and over again that keep us scared?  
you can learn how you can help your brain  
like I help mine when I feel scared right  
now. So when I am thinking thoughts  
about \_\_\_\_\_ that keep me feeling  
scared, I talk to someone that I trust  
about it (like you are doing with me) or I  
write my thoughts that are making me  
scared on paper so that I can see why I am  
feeling scared. (Explain that it can be  
something they do when they are older,  
but talking about it is perfect for now.)  
You see thoughts create our feelings and  
once you learn this fact, then you can be  
free from feeling scared or sad or nervous  
or mad for longer than you need to. Can  
you close your eyes for me and I'm going  
to teach you this trick...ok think about  
something that makes you happy (give  
them prompts if needed) and then ask  
them what they are thinking about and  
how they are feeling. (Let child respond.)

"Okay, so when you think about \_\_\_\_\_, then you feel happy. Is that right? I want to make sure I understand you. And then repeat that same sentence back reiterating what thought makes feel them happy. And then ask, do you see what just happened? Thinking about a certain thing makes you happy, just like thinking about a certain thing makes you scared. Wow!! Isn't that AMAZING?!?"

(Let child respond)

"So let me ask you, which one do you like better, feeling scared or feeling happy?"

Child: "Happy!"

Parent: "I thought you would say that, happy of course! So the next time you feel scared, you can always tell me of course, and you can then choose to think thoughts that make you feel happy instead."

The worst that is going to happen to you if you keep thinking about \_\_\_\_\_ is that you are only going to feel scared. Feeling scared doesn't feel good and it is hard to have fun when we don't feel good. Now you have choice to choose to think happy thoughts instead and feel safe and light and free."

