Therapy For Everyone
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Worksheet: The Calm Connection Checklist

Provided by Diana Clement, Licensed Mental Health Professional

Instructions: Use this checklist when you feel a "communication breakdown" or behavioral conflict starting.

1. The Body Scan:

Is my jaw clenched? Are my shoulders up? I will take two deep breaths to lower my physical stress response first.

2. The Volume Check:

Am I speaking louder than my child? I will consciously lower my volume to de-escalate the room.

3. Validate First:

I Before correcting the behavior, can I name the emotion? *(e.g., "I see that you are very frustrated right now.")*

4. Identify the Goal:

Am I trying to "win" an argument, or am I trying to "teach" a behavior?

Reflections for Session:

Which of these steps felt the hardest to do in the moment?

How did my child react when I lowered my volume?