



Recognizing an Emotion Coaching response versus Emotion Dismissing

Read the following examples. Decide if you think the parent's response is an example of Emotion Coaching or Emotion Dismissing. Check your answers on the next page.

CHILD: Daddy, I just stubbed my toe

DAD: You'll get over it.

CHILD: Mommy, Sam just hit me!

MOM: Well, what did you do to deserve that?

CHILD: Today my teacher got really mad at me in front of everyone!

PARENT: Oh, that must have been so embarrassing for you!

CHILD: I don't want Johnny to come over. I hate him!

PARENT: It sounds like something has happened between you and Johnny to make you angry. Can you tell me more about it?

CHILD: I don't want to clean my room. I shouldn't have to. It's my room.

PARENT: I understand that you don't want to clean your room. I also have chores that don't like to do, but we both still have to do them. Otherwise our house can get stinky and dirty and unpleasant for everybody.

CHILD: You're so mean to me.

PARENT: Lilly, it's not OK for you to say such things to me. Stop it right now!

CHILD: I don't want to go to bed.

PARENT: Tough, Mister. Go to bed anyway.

CHILD: Everybody's mean to me at school. I don't want to go.

PARENT: It sounds like you don't like to go to school and feel frustrated with something. What's going on? Come tell me about it.

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