**Good To Remember**

* Your child is doing the best they can
* They want to improve even if they don’t look like they do
* Their life as it is now is a ‘living hell’ – a very unhappy place to be
* They try to be safe by controlling everything they can in their environment
* They try to be safe by avoiding everything that is stressful and painful
* Their attacks (emotional, verbal, physical) on you and their resistance to you, your nurture and discipline of them, their poor self-regulation, fragmented thinking, pervasive sense of shame, inability to trust and lack of behavioural control, reflect their fear of your motives
* For them to change they will need you to accept, comfort, teach and have empathy for them
* You will need to come to know their developmental age and fine tune your expectations to match that age, so they will have success not failure

**Under The Behaviour**

* Sense that only self can/will meet their own needs
* Not feeling safe
* Fear of failure
* Fear of trusting happiness
* Discipline is experienced as harsh and unfair
* Inability to be comforted when disciplined/hurt
* Inability to ask for help
* Fear of being vulnerable/dependent
* Lack of confidence that parent will comfort/assist during hard times
* Fear of rejection
* Frequent sense of shame
* Sense of hopelessness and helplessness
* Feeling invisible
* Inability to self-regulate intense affect - positive or negative
* Inability to engage in the co-regulation of affect – positive or negative
* Felt sense that life is too hard
* Assumptions that parents motives/intentions are negative
* Lack of confidence in own abilities
* Inability to understand why they do the things they do
* Need to deny inner life because of overwhelming affect that exists there
* Inability to express inner life even if they want to