

00:17:09 Candace Kielbiski: ok.
00:20:49 Colleen St.James: Ho
00:20:55 Colleen St.James: hi!
00:21:08 Esther James: candice does an amazing job! :)
00:21:14 Colleen St.James: thank you for putting this together today
00:21:45 Farinaz Edalat: I am so grateful too! So excited for this!
00:26:35 Candace Kielbiski: https://mcusercontent.com/775b94b440ad73397931a9ad7/files/c60a64a4-a856-4b33-af80-886ca08edc96/Self_Regulation_Process_Returning_Yourself_to_Calm.pdf
00:34:56 Thea: Do you consider a yoga practice to be meditation?
00:35:38 Erika Czirok: You are a miracle
00:35:44 Erika Czirok: Thank you
00:35:45 Erika Czirok: ❤️
00:37:04 Florentine Peralta: Where to find that process to de-activate triggers?
00:37:47 Eva Cartagena: would love it!
00:37:48 Christine Cataldo: yes, audio would be helpful
00:37:50 Nancy Perez: Yes, very helpful.
00:37:50 Anita Malzone: Great idea!
00:37:50 Vajra Alaya-Maitreya: love it
00:37:51 Heidi GORDON: Yes, would be helpful
00:37:51 Esther James: yes please on the audio!
00:37:51 Caroline Jaram: yes an audio would be very helpful
00:37:52 Angela Scala: yes please
00:37:53 Colleen St.James: all audios are appreciated!
00:37:54 Jenn Howse: yes please!
00:37:55 Kelly Patyk: Yes, an audio would be great
00:37:55 Becky Porter: I would like to give the audio a try.
00:37:56 Penny Wagner: yes please!
00:37:57 Shammama Zia: Yes please!!!
00:37:57 Farinaz Edalat: Yes, that would be extremely beneficial
00:37:58 Gael Ollivier: audio, yes!!!!
00:38:01 Kelley Nebosky: yes, please
00:38:01 Inas Nasr: absolutely
00:38:02 Jessica Ward: That would be hugely helpful. Triggers are the biggest obstacle between me and peaceful parenting
00:38:06 Natalia Boyko: Can you please create audios that are 10 mins or so? Just to make it easier to listen to when you have limited amount of time?
00:38:17 Mira El Masri: v yes please
00:38:17 Jolita Isode: Yes, please!
00:38:18 Marcella Neudert: that would be amazing!! Thank you, Dr. Laura!
00:38:20 Martina Tschumi: yes please ❤️
00:38:23 Dorit Galmarini: Audio yes please!
00:38:34 Melissa Hampton: Shorter meditations would be great!
00:38:42 Candace Kielbiski: Tracking your Triggers
00:38:47 Candace Kielbiski: <https://gallery.mailchimp.com/775b94b440ad73397931a9ad7/files/e96c8993-82de-495d-acaf-a3fa6ccb9ee0/>

Self_Regulation_Tracking_Your_Triggers_Worksheet.pdf

00:38:50 Natalia Boyko: Yes for shorter meditations!

00:39:27 Candace Kielbiski: Returning Yourself to Calm

00:39:32 Candace Kielbiski: https://mcusercontent.com/775b94b440ad73397931a9ad7/files/c60a64a4-a856-4b33-af80-886ca08edc96/Self_Regulation_Process_Returning_Yourself_to_Calm.pdf

00:39:49 Alison Bradshaw: Audio on triggers would be great – it is something I haven't managed to work through yet.

00:41:42 Meg C: yes on audi

00:44:25 Anita Malzone: Tapping is wonderful.

00:45:21 Kelly Lubeck: I learned that face stroking too – was told if was a chicken calming technique! (but I loved how it felt so use it on self and others) – so funny you said if about your bird!

00:45:49 Kelly Patyk: Very interesting re: touching the face. It is often used on animals. I see the chicken comment too that just popped up.

00:47:32 Kelly Lubeck: coherence is the word

00:47:54 Kelly Lubeck: "heart brain coherence" from heart math institute

00:49:00 Valerie Hicks: is this same messaging for a preteen who is obstinant and never agrees?

00:49:27 Jessica Ward: I have the hardest time not yelling at my kids when they (one in particular) hit their brother over and over. It's so hard for me to empathize with that!

00:50:38 Candace Kielbiski: Sophie Lefevre

00:50:46 Sandra Naylor: Do we post a question in the chat box?

00:50:47 Candace Kielbiski: Natalia Johnson

00:51:00 Melissa Hampton: When one of my 7-year old twins hurt the other, I totally lose it. Is there something specific to this kind of trigger I can use?

00:51:28 Candace Kielbiski: First questions up Sophie Lefevre

00:51:35 Candace Kielbiski: Natalia Johnson

00:51:49 Terri Knutson: Who was the author that was referenced on resilience?

00:51:53 Leo Rodriguez: when we yell is that aggression or getting mad? is it something that happens just at the limbic system impulsively and anger at the frontal level because we have to process it cognitively so it is a bit of both? i wonder how this regulation works if we dont really have control over our lymbic brain

00:52:22 Eileen Welch: I adore you Dr Laura!! you always give me hope!!! I have been getting so triggered and yelling/freaking out when I am hit by my son. I know I can apply all of this to those situations..anything else specific you can add to self regulating in the midst of violent outbursts from child?

00:52:24 Jessica Ward: Me too Melissa! My twins are 4.

00:52:33 Melissa Hampton: Why is it easier for some people to calm down? (I'm not one of these people.) :(

00:52:34 Danielle Shapiro: How do you stay calm when your child is tantruming and throwing things, hitting, kicking etc.?

00:52:37 Lyn: tried to get in line with a q – thanks 😊 🙏

00:52:44 Niesa Silzer: My twins are 6... :)

00:53:21 Saskia Mollet: How do you help your spouse or partner with self-regulation?

00:53:31 Erika Czirok: What can I do if I'm a single mom and I'm calm with my child and do everything about him to get the best from me.... but his father is not doing the same with him.. what can I do in this case? sok

00:54:30 Jen Chavez: Sometimes in the middle of when I lose my patience and start to yell I can see my self doing it but I can not stop..I know that I I need to stop drop and breath but its like I somehow choose not to because I need this release or something. Its just strange because its like I am watching myself make the wrong choice. Does that make sense and what can I do about it?

00:54:33 Sherry Boone: Yes - 7 yo twins here too!-Specific guidance for twins?

00:55:00 Danielle Shapiro: 7 year old twins here too!

00:55:31 Angela Scala: Mee too Sophie!

00:57:30 Jessica Ward: Yes! When he talks to me how my dad or ex talked to me... so difficult.

00:58:23 Gry: I have twins 4 y old :)

00:58:52 lesley-ann snawdon: Jen - I am so the same! it's almost like i say to myself I don't care about stop drop and breathe - I'm gone before I can get myself back

00:58:58 Shammama Zia: yes I have been told I am snapping when I was only talking lol

00:59:09 Esther James: HALT comes to mind - are you Hungry, Angry, Lonely or Tired?

00:59:56 Jessica Ward: My ex had a definition of shouting that meant literally hollering, while I felt like I was being yelled at if he raised his voice at all in anger. Neither of us was wrong but we had completely different perceptions.

01:00:14 Paul Burdon: I also have the same thing. Wife and son feel I'm shouting when I don't feel activated at all.

01:00:46 Alison Bradshaw: I've been told I can have a "hard" voice...so not yelling, not not kind voice

01:00:49 Natalia Boyko: I love this whispering technique!! Thank you

01:01:06 Brian: I agree, i don't consider raising your voice to make a point or get someone's attention constitutes "yelling"

01:02:04 Jessica Ward: Thank you for that example. Super helpful.

01:02:06 Eva Cartagena: When I'm very focus on something I don't listen to anyone talking to me and my sister used to whisper at me because it was the only way I would "come back", screaming never worked, but when she whispered she would make me to listen right away!

01:03:28 Sophie Lefevre: super helpful thank you so much

01:03:28 Shammama Zia: very helpful whispering technique!! thank you v much

01:05:44 Jessica Ward: Mine does that too! Now they say "It's not a star, it's a heart, and you get your heart because we love you."

01:07:10 Leo Rodriguez: Question: I read this self regulation book by Dr. Stuart where he talks about the difference between misbehaviour

and stress behaviour. I think my 4 year old is doing it because he is stressed I was a really bad mom shouting, send to your room and all that. so when he says bad words i havent been saying anything and I have noticed the bad words and aggressions have diminished so much. Is that ok=? does that mean sometimes setting limits backfires instead of helping

01:09:36 Sophie Lefevre: which book did Christine mentioned? The triangle of emotions?

01:10:21 Candace Kielbiski: <https://www.hilaryjacobshendel.com/itsnotalwaysdepressionbook>

01:10:46 Farinaz Edalat: Candace you're so on top of everything!

01:13:12 Sophie Lefevre: thank you Candace

01:13:15 Leo Rodriguez: What's the name of the book?

01:13:24 stacey poulsen: "it

01:13:31 stacey poulsen: "It's not always depression"

01:13:47 Jessica Ward: Christine I can totally relate to what you're describing.

01:16:01 stacey poulsen: me too Christine! I said to my husband the other day that I feel like I'm dragging everyone down in my unhappiness...which I think is a vicious cycle of not being able to self-regulate, watching my kids behave in kind, then doubly berating myself for my lack of control and for how I am negatively influencing my children and teaching them terrible ways to relate

01:17:22 Misty Tunks: are they the meditations from the main course?

01:17:32 Katharine Talbot: Are these the daily meditations from the Peaceful Parenting course (5-6 mins each) or different one?

01:17:55 Sophie Lefevre: Candace would you put a link to the meditation in the FB group please?

01:17:57 Alison Bradshaw: I agree with Esther that the daily meditations are very good. Yes, from the course 4 mins or so

01:18:09 Liliana Perez Wilson: Stacey! I am in the same situation right now. taking some time off to change this nonsense I helped creating

01:19:00 Kathy Austin: Esther - I so relate to this too!

01:19:03 Katharine Talbot: Good idea to put meditations in a drop box on the phone - thank you!

01:19:06 stacey poulsen: Esther-I didn't have that model either! And I feel that really heightens my fear as I watch myself behaving towards my children in the same way!

01:19:07 Aimee Petty: Would you mind sharing the Dropbox link for the meditations again please?

01:19:35 Jessica Ward: Esther, yes, I can relate. To my dad, everything was a joke until he snapped.

01:19:41 Aimee Petty: I'm trying to do the meditations also, but it's time-consuming to navigate to them from the course page each day

01:19:54 Eileen Welch: Esther!!!! Hugs! I feel you completely. This is me too. I relate so much.

01:20:07 Eva Cartagena: I think there's the link to all of them together in the last week of the course

01:20:11 Jessica Ward: Lots of love and hugs for you Esther.
01:20:20 Nancy Perez: Esther sending you an abundance of love and hugs!
01:20:22 Candace Kielbiski: I will post the link in the fb group!
01:20:37 Sheila W: I can relate so much Ester sending support and understanding 💕
01:20:46 Anita: Thank you for your honesty Ester. x
01:20:47 Eva Cartagena: Esther, I'm sending you strength. I can relate too!!!
01:20:47 Leo Rodriguez: and we can reparent ourselves Esther, you can give that child what she needs to feel happy, sending you hugs Esther
01:21:02 Christine Kim: We can be transitional characters and break the cycle of trauma and dysfunction! <https://www.artofmanliness.com/articles/you-dont-have-to-be-your-dad-how-to-become-your-familys-transitional-character/>
01:21:09 Amanda Woolmer: sending love Esther. the work is hard and your doing great 💕💕
01:21:15 stacey poulsen: I actually just signed up for an iPhone app called "calm" that offers meditations. I'm doing a free trill, but it's simple and quick and builds momentum and gives reminders. Just another option to consider.
01:22:04 Sophie Lefevre: rain?
01:22:09 Christine Cataldo: I highly recommend the book Its Not Always Depression - to me it is very helpful. To me it was the missing piece on why I couldn't consistently do Stop. Drop. Breathe. AND why meditation alone wasn't working
01:22:15 Amanda Woolmer: what's the rain?
01:22:16 Christine Cataldo: Tara Brach has RAIN meditations
01:22:23 Misty Tunks: whats rain?
01:22:31 Christine Cataldo: recognize, accept, investinage and nurture I believe
01:22:41 Misty Tunks: ta
01:22:52 Candace Kielbiski: <https://www.tarabrach.com/rain/>
01:24:37 Candace Kielbiski: Dr. Laura's meditations all available for Drop Box
01:24:47 Candace Kielbiski: <https://courses.ahaparenting.com/pphkc-save-all?fbclid=IwAR1SZ-0zaicCBuMUakpwZ6FNidBmJGxF7iww6evoiJbuFI0mNBCaR10LqCg>
01:24:54 Paul Burdon: thank you for this I have to leave but it has been helpful.
01:25:17 Thea: I've been struggling with morning routines as well
01:26:10 Sheila W: oh I love that concept. I do this all the time!
01:26:47 Aimee Petty: Thank you for that Dropbox link!
01:27:04 Natalia Boyko: Please share this book with us too! Thanks :)
01:27:33 Natalia Johnson: Yes, I would be also interested in this!
01:28:30 Lyn: so grateful for all of your questions and especially for you, dr Laura- what a blessing you are in sharing yourself so

openly and offering this wealth of help for us 💕

01:29:18 Esther James: thank you for all your supportive comments, everyone, and for the article link, Christine Kim!

01:29:31 Sandra Naylor: I am so sorry, I will have to leave and that is NOT because I am afraid of going into a break out room, I actually love speaking in a small groups, it is because it is past 7pm where I am and the kids have not had dinner yet. THANK YOU. WILL SEE YOU NEXT TIME. X

01:39:58 Lyn: Anita- it's Lyn. I'm in Switzerland so that's perfect! Country code 1 for US or via WhatsApp?

01:40:19 Sophie Lefevre: I can relate to that.

01:40:29 Jessica Ward: Thank you for sharing, Jolita! I can relate.

01:41:16 Amanda Woolmer: Thea-Thankyou so much for sharing. I didn't get to say good bye

01:42:01 Nancy Perez: Brooke thank you for listening. It was lovely chatting. Hugs and love!

01:42:09 Christine Cataldo: Thank you everyone for sharing! Thank you, again for everything, Dr. Laura! I have to go now.

01:42:38 Thea: thank you as well Amanda!

01:43:28 Farinaz Edalat: Thank you Dr. Laura for answering my question! I don't know why my brain froze to speak more quickly but thank you for your patience. I love you very much and send you love and gratitude every night when I do your meditations. It's like you live us in our house!

01:43:38 Maja Žorga Dulmin: @Candace would it be possible to get a link to that, i either skipped it or wasn't in the course then

01:45:00 Farinaz Edalat: I SO agree with Stacey. I have that story too! I sometimes don't know if I'm giving the right support to my daughter.

01:45:02 Amanda Woolmer: ditto! I'm not good enough! I've ruined my children . it's awful

01:45:16 Sophie Lefevre: for me it's fear that my child will go through the same self sabotaging things I've gone through. so I project my own stuff on them.

01:45:39 Jessica Ward: I have a fear of being judged by my parents, as we're living with them right now and they were never peaceful parents.

01:45:47 Sophie Lefevre: I know I have to trust they have their path and they will learn

01:45:58 Lyn: oh I get that! I fear the same and also that I'm too late in addressing issues I didn't know were there in me and it's affected them :(

01:46:14 Sherry Boone: Thanks I can relate

01:46:18 Christine Kim: Grateful for Dr. Markham and all of you so we can STOP THE CYCLE!!!

01:46:28 Lyn: amen

01:46:31 Jessica Ward: Dr. Laura the problem is my parents ARE in the room with me!

01:48:19 Alison Bradshaw: that's my fear too- that things will get completely out of control

01:48:58 Kelly Patyk: Me too!

01:49:59 Terri Knutson: I really appreciated our small group conversation – it just made it very clear that we all deal with similar issues. It was nice to feel like we're all in this together.

01:50:15 Sheila W: oh Anita I really hear you.. really struggling with homeschool 🙏

01:50:47 Farinaz Edalat: I have fear whether I'm able to give the right support to my daughter (e.g. when she's having social problems with her friends)...e,g, when I'm asking the right question or when she asks me what would do

01:51:04 stacey poulsen: Yes–this is my first success path meeting, and it's so wonderful to be reminded that I am not alone in my struggles. Thank you all for your honesty and for your vulnerability!

01:51:54 Jessica Ward: Also fear of raising a brat. I'm not sure where that comes from. Maybe my mom's strict behavioral approach, and internalized judgement that empathy is "coddling"? Or maybe I just feel impatient when they're acting out and I'm worried it will last forever.

01:52:19 Angelika Sunhill: it was a good experience to meet in the separate room

01:52:26 Kathy Austin: So, we need to do the repair work with our kids and with ourselves

01:52:48 Farinaz Edalat: That's the "N" in RAIN process. Not identify (common Humanity)

01:52:53 Shammama Zia: Yes very grateful to be reminded I am not alone in this feeling that I am a terrible parent. Just this week was many struggles. (I said Shut up this week and my son was so so hurt!:(

01:52:57 Natalia Boyko: Thank you for the breakout rooms–it was so helpful to talk through my experiences and have a wonderful support from my listening partner

01:52:57 Terri Knutson: The journaling has really helped me to do this evaluation – to go through and identify the times I didn't do as well as I wanted to – and taking the time to think about what really caused the anger/frustration.0

01:53:08 Nancy Perez: This is my first success path meeting and I love it! Thank you so much Dr. Laura Markham! Thank you to all the parents as well. Hugs and love to everyone!

01:53:13 Sheila W: yes!! I have that Brat idea too 🙏 or that my kids don't appreciate me or anything! that's a childhood belief

01:53:24 Sherry Boone: yes –thank you Dr Markham and thanks to my breakout room mama!

01:53:26 Natalia Boyko: Thank you everyone for being here :)

01:53:28 Barbara Paixao: I prefer to us the N as Nurture like Tara Brach does

01:53:39 Sherry Boone: Thanks Candace!

01:53:40 Farinaz Edalat: THANK YOU SO much for the amazing questions, Candace for the incredible moderation and Dr. Laura for your golden advice!

01:53:41 Eva Cartagena: Thank you everybody!!!

01:53:45 Thea: love these workshops, thank you so much!

01:53:46 Marie-Helene Roy-Gagnon: Thank you everyone, Candace and Dr. Laura!!

01:53:47 Shammama Zia: thank you so much for this workshop I just needed it

01:53:52 Sophie Lefevre: Candice Im on my phone and I can't download the chat

01:53:52 Barbara Paixao: Really sorry I could only join at the end.

01:53:52 Anita: Thank you Candidace

01:54:03 Marcella Neudert: byeee!!

01:54:04 Sophie Lefevre: I would love it if you can put it in the fb group