

After You Lose Your Temper

Remember: every loving mom loses it sometimes. What shapes your child most isn't never yelling. It's coming back to repair. Repair teaches them that love can handle hard moments.

How to repair

- 1 **Calm yourself first.** Step away for a minute if you need to. Repair works best when you're steady.
- 2 **Go back to your child.** Don't wait for them to come to you. You go first.
- 3 **Own your part, no "but."** "I yelled, and that wasn't okay." Skip "but you were..." because that turns an apology into blame.
- 4 **Reconnect.** A hug, sitting close, a moment of eye contact. Let them see you're still safe.
- 5 **Share your plan.** Tell them what you'll try next time, and still hold the original limit calmly.

Try saying

- "I'm sorry I yelled. You didn't deserve that."
- "I was frustrated, and I handled it the wrong way."
- "I love you, even when we're both upset."

Instead of

- Pretending it didn't happen
- "I'm sorry, but you made me..."
- Over-apologizing until your child comforts you

Grace for you: Shame says, *"I'm a bad mom."* Truth says, *"I had a hard moment, and I can make it right."*

For me to notice

My early warning signs that I'm about to blow (tight jaw, rushing, raised voice...):

What I'll do instead next time:

"His compassions fail not. They are new every morning."

LAMENTATIONS 3:22-23