

The Emotional Cup

Imagine that every child has a cup that needs to be filled - with affection, love, security and attention. Some seem to have a full cup most of the time or know good ways to get a refill. Most children get a little nervous when their cup nears empty.

Some ways that children deal with having an empty cup:

- Steal from other peoples cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant topping up
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach empty
- Think they have to fight or compete for every refill.



What fills their cup:

Connection
Love
Affection
Safety
Succeeding
Choice
Security
Friendship
Play

What empties their cup:

Stress
Strain
Rejection
Loneliness
Isolation
Failing
Fatigue
Yelling
Punishment



BEING

COURAGEOUS