



## Parallel Process

*Feelings expressed by the child  
echo the same feelings in you:*

<b><u>When the Child is:</u></b>	<b><u>I Feel...</u></b>	<b><u>Intervention</u></b>
angry	<i>frustrated</i>	de-escalation
scared	<i>worried</i>	reassurance
tired	<i>depleted</i>	resources
overwhelmed	<i>stressed</i>	structure
hopeless	<i>ineffective</i>	encouragement
withdrawn	<i>sad</i>	contact