

Glossary

Anger management

Being in control of your own behaviour when you are angry. This involves:

- being more aware of what triggers your anger
- controlling what you do when you are angry
- expressing your anger in ways that are safer and more constructive for you and for other people.

Criticism

Negative comments that have the effect of making someone feel judged as a person.

Delayed gratification

Waiting before getting a reward.

Emotion Coaching parenting style

A style of parenting in which a parent pays attention to the child's emotions and helps them to identify, understand and express their emotions, as well as helping the child problem solve.

Emotion disapproving parenting style

A style of parenting in which the parent judges and criticises the child's emotions, and sets limits on and controls emotional expression. Parents who prefer this style might also have trouble expressing their own feelings.

Emotion dismissive parenting style

A style of parenting in which the parent ignores the child's feelings, preferring instead to distract the child and focus on positive rather than negative feelings. Parents who favour this style often have trouble expressing sadness and attempt to control or hide their own anger.

Emotion expressiveness

Showing emotion through (for example) body language, facial expression, language and actions.

Emotion regulation

Monitoring and modifying your emotional reactions in ways that result in appropriate and effective expression of emotions.

Emotion talk time (ETT)

A time for parent and child to talk about emotions, and a chance to apply Emotion Coaching strategies.



Emotional intelligence

A person's ability to understand, express and regulate their own emotions in ways that are effective for themselves and others.

Emotional self care

Being aware of and looking after your own emotional needs.

Emotion Tuning

Identifying and exploring emotions (part of Emotion Coaching).

Empathy

A person's ability to recognise and understand the emotion of another, and to put themselves in another person's shoes.

Permissive parenting style

A style of parenting in which the parent accepts the child's emotions but does not help the child solve problems. Parents who prefer this style express their own emotions but often have difficulty resolving them.

Meta-emotion

What people think and feel about showing emotion.

Modelling

Demonstrating a behaviour that others learn from.

Praise

Approving or encouraging statements.

Reflective listening

Listening attentively and then demonstrating this by repeating or paraphrasing what you heard.

Self esteem

A person's self-image and sense of self-worth.

Self soothe

The ability to calm yourself.

Validation

An act that shows you respect a person and take them and their feelings seriously.

