



# Creating Conscious Awareness In Your Children© Behavioral Health Awareness Series Webinar

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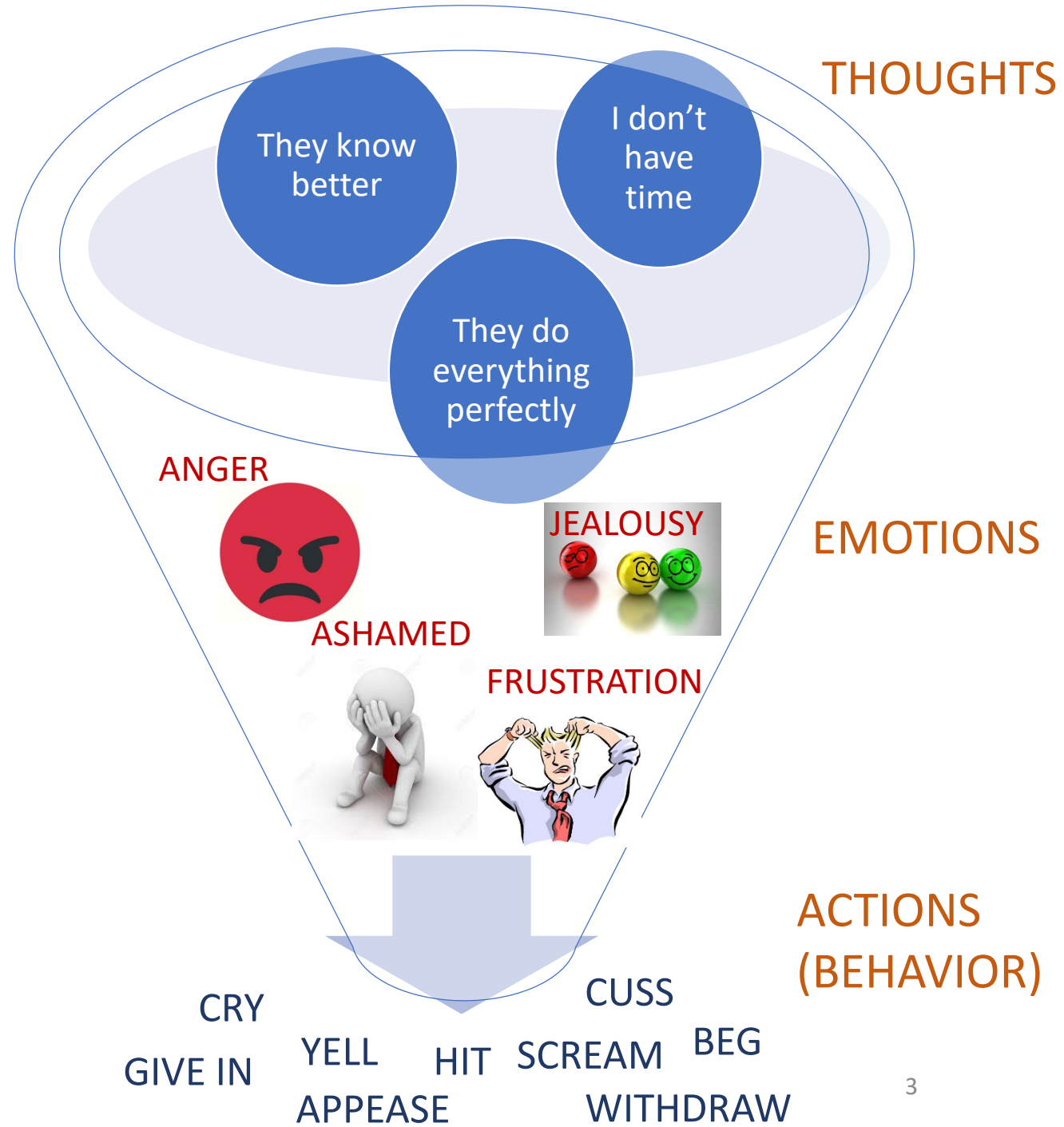
# Goal & Learning Objectives

Goal: Parents will learn to create conscious awareness and how the use of self-talk can create the changes they want.

Learning Objectives:

- Participants will learn how to become aware of their emotions
- Participants will learn how to recognize their triggers
- Participants will learn how to change their thoughts by asking themselves a few powerful questions

# Self-Talk Funnel



# Questions to Ask Yourself (Be Intentional)

How can I be careful with my thoughts today?

How can I regulate my emotions?

What's my focus?

Am I a parent with ADHD? How can I manage my ADHD symptoms?

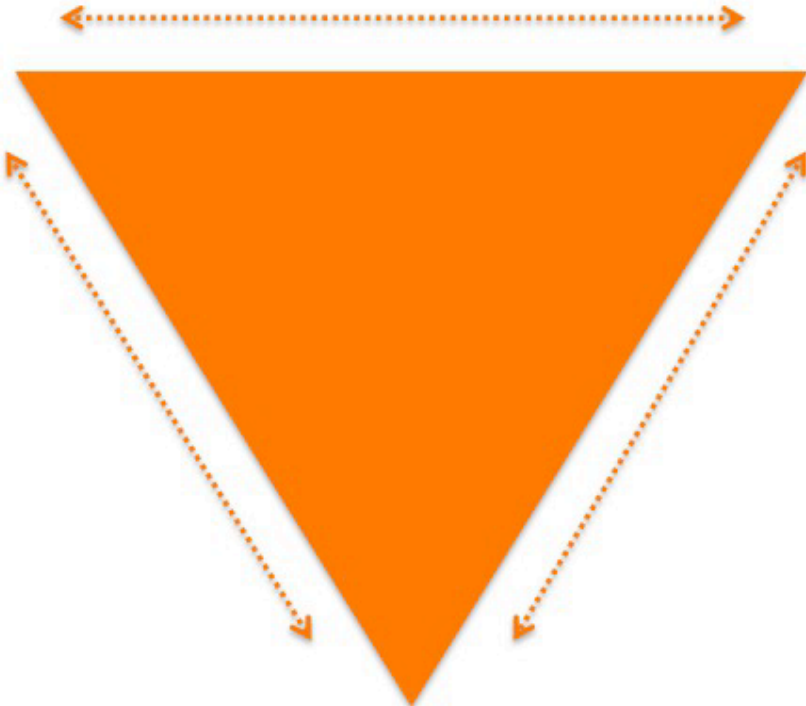
What strategies are working for me, or I can try today?

What kind of person do I want to be as I learn to use my self-talk?

# DRAMA TRIANGLE

(Steven Karpman)

**RESCUER**  
'saves' people  
he sees as  
vulnerable.  
Works hard,  
offers "help"  
unasked for.



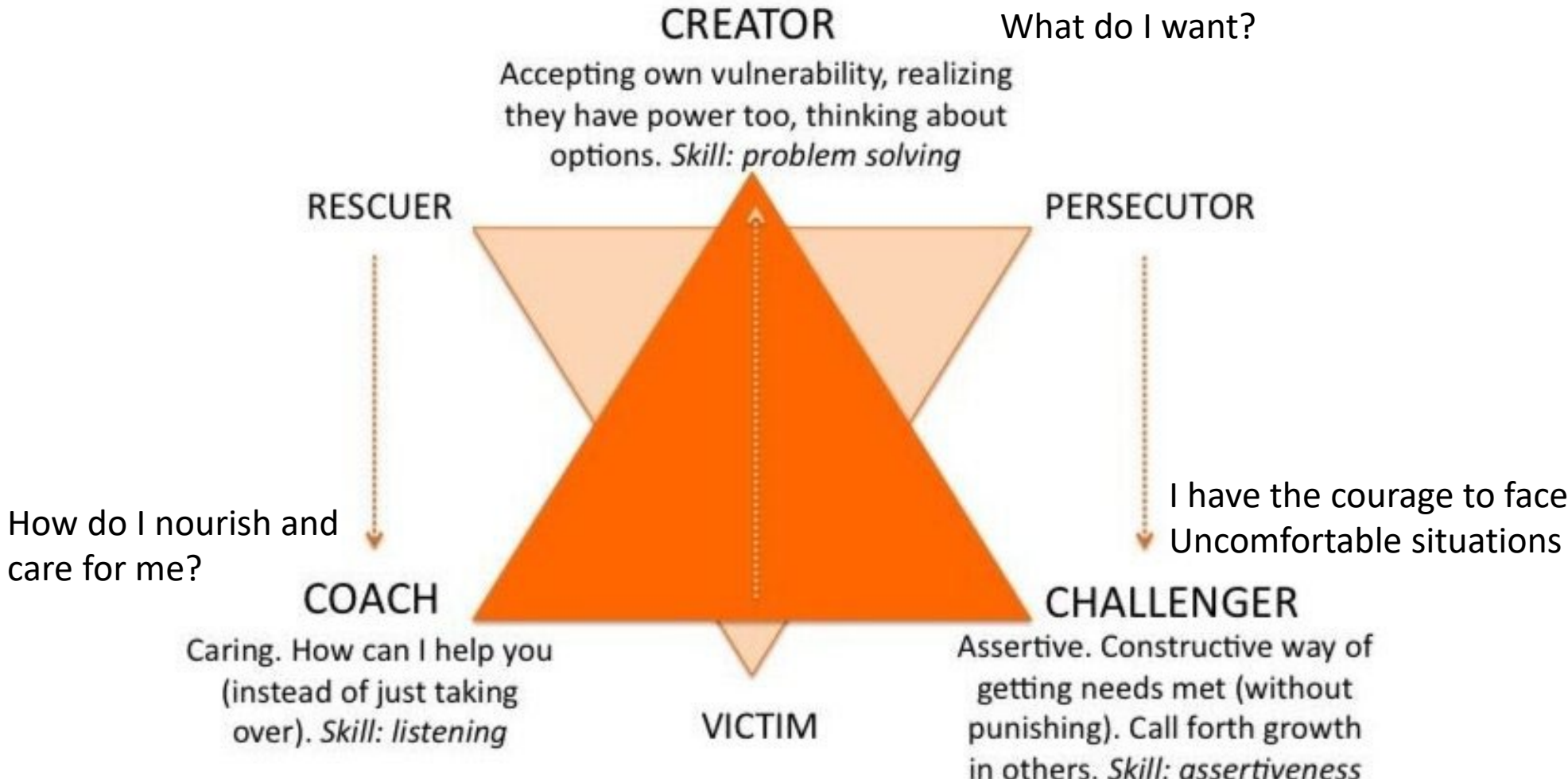
**PERSECUTOR**  
unaware of his  
own power and  
therefore  
discounting it.  
Power used is  
negative and often  
destructive.

**VICTIM**  
overwhelmed by  
own vulnerability ,  
doesn't take



# EMPOWERMENT TRIANGLE

KEY = SELF-AWARENESS



# Creating a Conscious Awareness

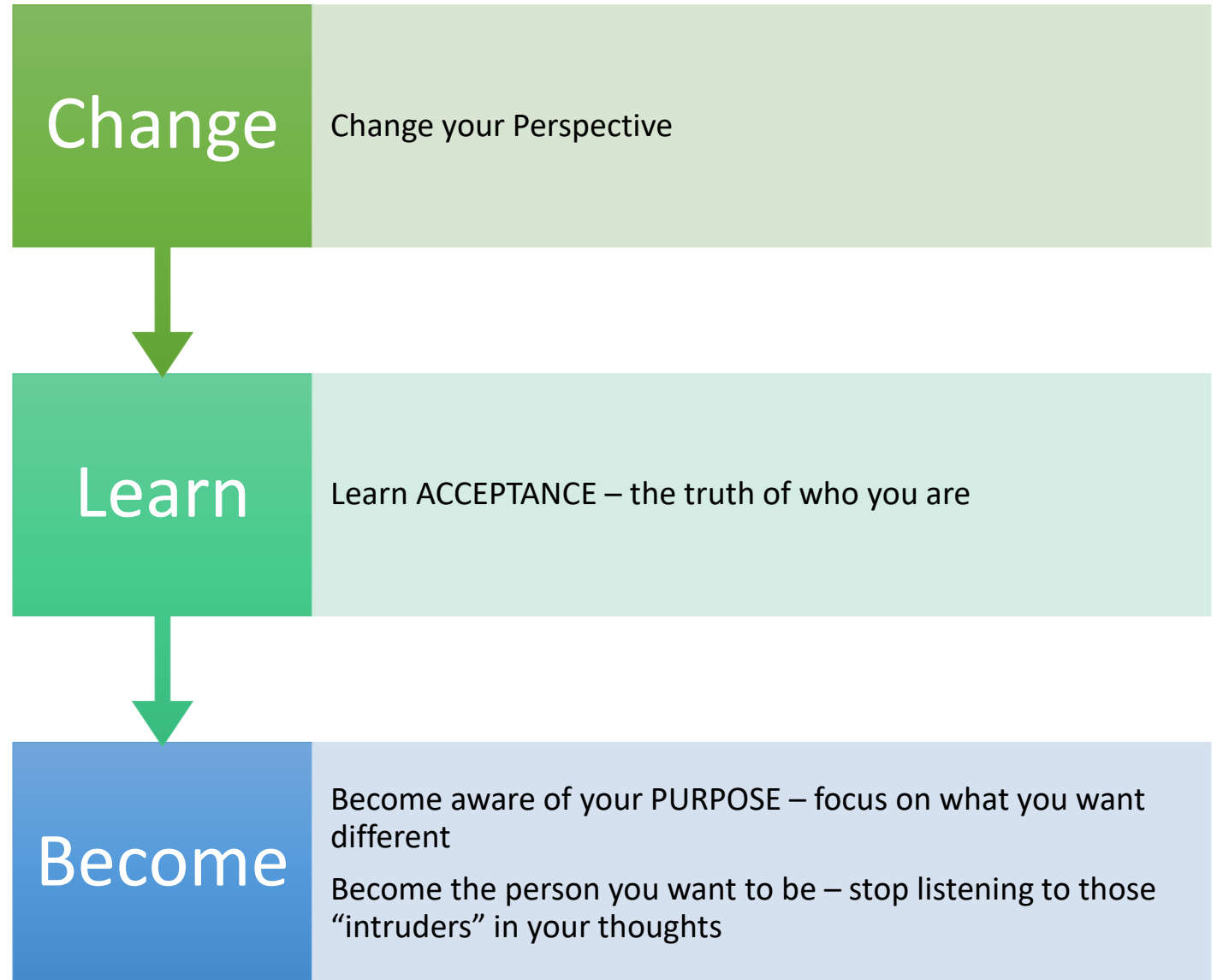
Notice: When you are triggered (when you are in the drama). Notice the weeds.

Name it: What are you feeling?

Write it: What happened? What am I thinking? What am I telling myself?

Listen to your inner voice – put attention to how you are relating to the experience

# Creating a Conscious Awareness





Transformation happens  
when you renew your  
mindset, and your  
thoughts begin to change.

Thanks!  
*Dulce*



# References

- <https://karpmandramatriangle.com/>
- <https://www.psychologytoday.com/us/basics/self-talk>
- <https://www.theempowermentdynamic.com/individuals/>

The background of the slide is a repeating pattern of colorful speech bubbles, each containing a dark blue question mark. The colors of the bubbles include red, yellow, purple, and grey, set against a dark teal background. The text "Questions & Answers" is centered in a white, sans-serif font.

# Questions & Answers