



I Need a Hug and Maybe You Do Too

By Sybil Peters

- Has your child ever acted up in a store or public place? How did it make you feel?
- What do you usually do when it happens?
- What did you think of the idea of a hug? Did it surprise you?

Bonus Questions:

- Do you get frustrated sometimes - enough to throw your own tantrum?
- Does the little girl in you need a hug?
- It is important to know your own triggers for destructive or inappropriate behavior; however, it is more important to know how to disengage after being triggered.
- During the next couple of weeks pay attention to what "sets you off" and how you are able to get over it before you acted from the set off.
- Begin to write about the encounters. If you notice a negative set of patterns that you engage in to cope with the situation then perhaps it's time to use a different coping method, like asking for a hug, journaling, taking deep breaths, or talking to a friend.

Reach UP to God:

- Pray for patience and to remember this tip when a frustrating time with your child comes up.
- Be brave! Ask for a hug whenever you need one from your child. It will bond you together.
- Ask God to give you a spiritual hug. Be alert to look for ways He might be "hugging" you even through other people.

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