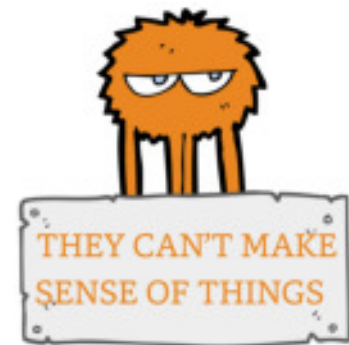


THE FEAR EXPERIENCE INSIDE A CHILD'S MIND:

On the outside, a child might look defiant, angry, aggressive. Here is their inner experience.



Fear shuts down the ability to feel connection. The limbic brain can't tell if anyone is there & they feel all alone. Touch and eye contact are important to get through to our child.



There is too much happening inside them. They can't take in information and process it. THEY ESPECIALLY CANNOT PROCESS LOGIC/LANGUAGE



Any moment away from connection is danger



They lose their sense of time and think there is no end to the threat. To a child the fearful situation last 100 times longer than reality.



The current situation may not seem threatening, but they are feeling fear from something that may have happened a long time ago. YOU are giving the child the safety to go ahead & feel the fear experience so they can heal.



It is a real question of survival. Aggression can be a way of wildly asking, "Is anybody noticing?" "Can anyone tell I'm in trouble?" "Is anyone going to help me?"