

WISE PARENTING

I YELLED *AGAIN.*

**3 practical tools for the moment you feel yourself
losing it - and what to do if you already did**



The goal is not to never feel angry.
The goal is to notice earlier, interrupt the cycle and repair.

Catch it earlier. Brake the escalation. Repair with responsibility.

A decorative footer graphic consisting of several horizontal, wavy bands of different shades of purple, creating a layered, wave-like effect.

If you yelled, shame is not the next parenting tool.

Cheekhne ke baad aksar mother do extremes mein chali jati hai: khud ko bohat blame karna, ya apne reaction ko child ke behaviour se justify karna.

Dono ke beech ek healthier path hai: responsibility without shame.

Is guide mein hum yelling cycle ke 3 points par kaam karenge - BEFORE, DURING aur AFTER.

TOOL 1 - FIND YOUR POINT OF NO RETURN

Gussa aksar 0 se 100 ek second mein nahi jata. Body aur behaviour pehle warning dete hain.

Apne 3 zones imagine karein:

GREEN - Main frustrated ho sakti hun, lekin abhi bhi choice available hai.

AMBER - Main choice lose karne ke qareeb hun.

Voice louder. Same instruction repeat. Jaw/body tense. Sarcasm. 'Kitni baar kaha hai!' ya 'Bas ab bohat ho gaya.'

RED - Main shout, threaten ya harsh words use kar chuki hun.

Aapka goal RED mein perfect control nahi.

Goal hai apna EARLIEST AMBER SIGNAL pehchanna.

Complete:

'Mera amber signal hai jab ____.'

Example: 'Jab main same instruction teesri baar louder bolti hun.'

The earlier you catch it, the more choice you still have.

TOOL 2 - THE EMERGENCY BRAKE

Amber signal mil gaya? Ab long calming routine nahi. Sirf cycle interrupt karein:

STOP THE MOUTH

Lecture, threats aur repeated words temporarily stop.

Dysregulated moment mein zyada words damage barha sakte hain.

DROP THE BODY

Jaw unclench. Shoulders drop. Ek slower, longer exhale.

Goal instantly calm hona nahi - intensity ko thora neeche lana hai.

BUY TIME

Agar child safe hai:

'Main bohat frustrated hun. Mujhe ek minute chahiye, phir main baat karungi.'

Agar boundary abhi zaroori hai:

'Main tumhein hit nahi karne dunggi. Baat hum ek minute baad karenge.'

REGULATE FIRST. PARENT SECOND.

TOOL 3 - THE CLEAN REPAIR

Yelling ho gayi? Repair ko sirf 'sorry beta' tak limited na rakhein.

NAME

'Main tum par cheekhi.'

OWN

'Mujhe gussa tha, lekin cheekhna meri responsibility thi.'

No: 'Sorry, lekin tum sun hi nahi rahe thay.'

RECONNECT

'Tum mere gusse ke responsible nahi ho. Main tumse naraz ho sakti hun aur respectfully baat karna meri responsibility hai.'

REDO

Original parenting moment ko calmly repeat karein:

'Main dobara kehti hun: screen time khatam hai. Tum upset ho sakte ho. Main help karungi band karne mein.'

Repair ka matlab boundary hata dena nahi.

CATCH -> BRAKE -> REPAIR

A Note for You

Mama, anger does not make you a bad mother.

But how you handle your anger matters.

You do not need shame to take responsibility.

You can own the harm, repair the relationship and practice a different response.

Progress may look like catching yourself 30 seconds earlier.

Or stopping mid-sentence. Or coming back after a mistake and repairing cleanly.

REMEMBER

The goal isn't to become a mother who never gets angry.

Notice earlier. Do less damage. Repair when you get it wrong.

With love,

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