

BCARE Ascension Method™

Session 7 Parent Worksheets

Worksheet 1: Child Awareness Reflection Worksheet

Reflect on your child as a whole person—not just their behaviors.

Behavior is communication before it is defiance. Remember: Our children are still learning how to identify, name, and understand their feelings. Part of your work as a parent is learning these skills yourself so you can help teach and model them. This work matters. The awareness you build today shapes the emotional intelligence of your child tomorrow.

What are my child's greatest strengths?

What challenges does my child struggle with most?

How would I describe my child's temperament/personality?

What environments or situations seem to overwhelm my child?

What helps my child feel safe, regulated, and connected?

What do I think my child may need more of from me right now?

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Worksheet 2: Awareness Mapping Exercise

Use this worksheet to look beneath behavior before reacting.

Describe the challenging behavior:

Possible contributing factors:

What may be contributing to this behavior beyond defiance/disrespect?

How might awareness shift my response?

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Worksheet 3: Awareness Tracking Journal

Track your efforts to respond with awareness before reacting.

Awareness Entry #1 — Challenging Behavior Observed

Possible Contributing Factors

What May Have Been Going On For My Child?

How Did Awareness Shift My Response?

What Was The Outcome?

Awareness Entry #2 — Challenging Behavior Observed

Possible Contributing Factors

What May Have Been Going On For My Child?

How Did Awareness Shift My Response?

What Was The Outcome?

Awareness Entry #3 — Challenging Behavior Observed

Possible Contributing Factors

What May Have Been Going On For My Child?

How Did Awareness Shift My Response?

What Was The Outcome?
