

# Outbursts and Negative Behavior

Writes Kicking it Unschool:

*One of the major turning points in our parenting journey was learning to see outbursts and negative behavior from the boys as signals their needs were not being met.*

*There is no such things as negative behavior happening “for no reason”. There is always a reason. We just need to figure out what the reason is.*

*Before, if Josh had snapped at me or been hostile I would have reacted with anger or frustration. Now I am learning to ask questions instead. What is going on? How are you feeling? What is making you feel that way? You seem frustrated, would you like to talk about it?*

*Connecting, empathizing, stopping the judgment and nurturing our relationship have been the most positive changes we’ve made so far.*