

Social Blowups and Friendship Struggles

Friendship Drama That Hits Hard

If social moments end in shame or isolation, your child isn't careless — they're overwhelmed.

What this is

Impulse + emotion outpace social repair skills.

Why it shows up

- Fast reactions, slow reflection
- Difficulty reading cues under stress
- High emotional investment

What to try this week

1. Teach one **simple repair phrase**
2. Practice through play, not lectures
3. Normalize mistakes as learnable moments

When to get support

If social pain affects self-worth, skills and self-acceptance must grow together.

Recommended tools

- **GOAT Book** (social tools + normalization)
- **Happy Core Program** (social regulation)

Belonging grows with understanding, not punishment.

If this helped even a little, you're on the right track.

When you're ready, you can go one step further:

- [See related tools →](#)
- Talk to Kristin (10-min game plan call) →