

Big Reactions to Small Corrections

If feedback triggers tears or rage, your child isn't overreacting — their threat system is firing.

What this is

Correction can feel like rejection when sensitivity is high.

Why it shows up

- Rejection sensitivity
- Past shame around mistakes
- Stress already near capacity

What to try this week

1. Lead with reassurance before correction
2. Give **one adjustment only**
3. Repair after the moment, not during

When to get support

If corrections regularly escalate, regulation and repair tools are needed first.

Recommended tools

- **Happy Core Program** (repair + regulation)
- **More Than Behavior™ Letter: Dear Parent**

Safety opens the door to learning.

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) →