

# Protecting Calm

## Quick Tools to Manage Anger and Boundaries at Home

A companion guide to [\*When Your Child Provokes and Your Partner Yells: A Guide to Boundaries, Healing, and Hope \(+Free Printable\)\*](#)

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## Introduction

You love your child and you want them to feel safe. But when voices rise, when anger fills the room, you feel yourself unraveling. You want to protect your child, your partner, and yourself — yet in the heat of the moment it feels impossible.

This guide is here to help you take small, concrete steps. Not theory alone, but practical tools. Use it in the middle of chaos, and return to it in calmer moments for reflection and healing.

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## Understanding the Dynamics

### Why your child provokes

- Children sometimes push buttons not out of malice, but curiosity and play.
- The intensity of adult anger can feel *funny* or *fascinating* to a child who doesn't yet understand consequences.
- Provocation is part of boundary-testing — a developmental task.

### Why your partner yells

- Explosive anger often comes from *protective parts* that feel out of control (IFS).
- For some, it's the way they learned to handle provocation in their own childhood.

### Why you feel so anxious

- Yelling may wake up your own *protector parts* that learned, long ago, that raised voices meant danger.
  - Your nervous system is reacting to *old pain and fear*, not just the present situation.
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# Quick Tools You Can Use

## Grounding & Self-Regulation

### 3 breaths to re-center:

1. Inhale deeply through your nose (4 counts).
2. Hold (2 counts).
3. Exhale slowly through your mouth (6 counts).
4. Whisper to yourself: *"I can stay steady."*

### Body anchor:

- Press feet into the floor, imagine roots grounding you.
  - Touch a calming object (stone, fabric, ring) to remind yourself of stability.
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## IFS Mini Check-In

When you feel yourself spiraling:

- Ask: *"Which part of me is here right now?"*
    - Angry protector?
    - Terrified child?
    - Overwhelmed manager?
  - Say to that part: *"I see you. Thank you for trying to protect me."*
  - Invite your calmer Self to step forward.
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## Nonviolent Communication (NVC) Scripts

When you need to intervene gently:

- **Observation:** "I see voices are getting louder."
- **Feeling:** "I'm feeling tense and worried."
- **Need:** "I need more calm so we all feel safe."
- **Request:** "Could we take a pause?"

Shorter version (in crisis):

- *"I need calm. Let's pause."*
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## Repair Rituals

After yelling has happened:

1. Sit together with your child (and partner, if possible).
2. Say: *"That was hard for everyone. Let's start fresh."*
3. Invite your child to share feelings — even silly ones.
4. Offer a calm hug or a fun reset activity (drawing, game, walk).

Repair shows your child that conflicts *can* be mended.

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## Redirecting Child Energy

For moments when your child keeps provoking:

- Offer a silly alternative ("Chase me outside instead of in the living room!").
  - Use humor to shift tension ("Let's see who can make the silliest face instead of yelling").
  - Redirect physical energy: jumping jacks, pillow hits, running laps.
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## Daily Practices & Reminders

**Micro grounding (2 minutes):**

- Close eyes, place hand on chest.
- Whisper: *"I am here. I am steady. My child is safe. This is just a phase."*

**Reflection prompts:**

- *Which part of me showed up today?*
- *What did it need?*
- *How did I care for it?*

**Mini affirmations:**

- "I can hold steady even in noise."
  - "I am not my past."
  - "Repair matters more than perfection."
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## Bonus Resources

- **Books**

- *No Bad Parts* by Richard Schwartz (IFS)  
<https://bookshop.org/a/114607/9781683646686>
- *The Whole-Brain Child* by Dan Siegel & Tina Payne Bryson  
<https://bookshop.org/a/114607/9780553386691>
- *Nonviolent Communication* by Marshall Rosenberg  
<https://bookshop.org/a/114607/9781892005281>

- **YouTube**

- Thriving Minds Montessori  
<https://youtube.com/@thrivingmindsmontessori?si=kMgQZP-aiabFoK72>

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## Final Words

Remember: you don't need to be perfect. What matters most is your willingness to pause, repair, and return. By grounding yourself, setting calm boundaries, and offering repair, you create an atmosphere where healing is possible — for your child, your partner, and yourself.

For more reflections, exercises, prompts and free guides, visit [fromcentowholeness.com](https://fromcentowholeness.com)

