

Exercise: Cracking your own code

Cracking codes is hard, particularly when you have to guess your child's invisible reactions because they can't tell you. To practise, it's helpful to start with yourself. The advantage of starting with yourself is that your invisible reactions might be easier for you to detect than your child's.

Start with a recent situation when you have had to manage something that was a bit challenging. Don't pick your worst and most embarrassing moment. Choose something you can think about calmly now.

Now think about those four boxes. What happened before, what were your invisible reactions, your visible reactions – and what happened after? Were there any loops formed? Did you get stuck?

