Parental Stress Calendar:

Be aware once a day of a stressful event between you and your child, or you and your (ex)partner about your child, *when it occurs*. If possible, take Breathing Space at some point during the stressful event, or afterwards, or in anticipation. Write down your experiences at a later moment using the chart below.

Describe the stressful parenting situation	**What made you notice the stress (body signals, thoughts, emotions, action tendencies?)**	**Did you react out of habit? If yes, describe your (automatic) reaction**	**Or did you take a breathing space? (How) did that change the chain of reactions?**