

[Old Pattern](#)- *TRIGGER WARNING* Video contains potentially triggering statements and fast flashing color patterns.

[New Pattern](#)

As Sparks showed us, patterns can be anywhere; nature, music, numbers, words, drawings, and even movements. Within my topic of Emotional Regulation, an existing pattern that stuck out to me was toxic emotional dysregulation from parents toward children. This is when an adult does not have their emotions under control and they lash out at the children they are caring for. These behaviors and toxic phrases can become a horrible pattern. In my “Old Pattern” video, I present phrases that have historically been considered acceptable to say to children. Unfortunately, some of these phrases are still used today. Passed on from generation to generation as the best way to raise “good” children.

When brainstorming for this creation, I realized identifying outdated existing patterns helped me understand how important emotional regulation awareness is. Sparks suggested breaking apart patterns requires the ability to really know the basics of the topic, which opens up more knowledge (Root-Bernstein, 1999, p.135). Identifying and recording these phrases was not easy but it helped me understand how important it is to break this pattern.

The chemistry of our brain tends to want to mirror the child having a melt down, this triggers us, and then we react. We become emotionally flooded. Since our brains love patterns in the heat of emotions, we go back to what patterns of behavior we know. If we were raised with a toxic framework, this may be what we turn to, becoming a pattern unless we fight back against our reaction. This is what some people call “breaking generational curses”. Which brings us to the “New Pattern” video.

The “New Pattern” video presents a pattern of phrases adults can use when they need to emotionally regulate themselves and the situation. Children learn to regulate their emotions from the adults around them. This skill does not develop on its own. Many adults do not know how to regulate themselves because they were raised with the phrases from the old patterns. The new pattern phrases give adults a framework to practice and use when attempting to “break generational curses (i.e. patterns)”.

This creation was emotionally heavy. I am familiar with a self-talk task which encourages people to write down phrases you say to yourself, then read them outloud to yourself. The next part is to say them to another person. Most people do not want to say the phrases to another person. The point being, if you cannot say them to someone else why would you talk to yourself that way. This felt very similar to that task. The old phrases are not phrases I use (thank goodness) but they are phrases I have heard. The old patterns are damaging, abusive, and toxic. Many children grew up to be dysregulated adults because they were not taught emotional regulation skills. As adults, they join in the emotional chaos the children feel and the pattern continues. New patterns could prove to be extremely useful for adults with my topic.

Curious Parenting [curious.parenting]. (2022, June 19). *It's ok to say to kids: "I can do one thing at a time. Right now, I'm putting the groceries away."* [Photograph]. Instagram.
<https://www.instagram.com/p/CfAPnhFPOPH/?igshid=YmMyMTA2M2Y=>

Curious Parenting [curious.parenting]. (2022, June 15). *4 ways to build trust with kids* [Photograph]. Instagram.
<https://www.instagram.com/p/Ce2EvmtJDE6/?igshid=YmMyMTA2M2Y=>

Curious Parenting [curious.parenting]. (2022, April 9). *It's ok to say to kids: "I need some time to think about that before I say yes or no."* [Photograph]. Instagram.
<https://www.instagram.com/p/CcJN2uAv19n/?igshid=YmMyMTA2M2Y=>

Root-Bernstein, R., Root-Bernstein, M. (1999). *Sparks of genius: The 13 thinking tools of the world's most creative people*. Mariner Books.