



Confident & Connected  
Method

*Behavior Response  
Plan*

**How parents of spirited kids can respond to any  
behavior without losing their temper**

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CONFIDENT & *Connected*



# 5 STEP FRAMEWORK FOR RESPONDING TO ANY BEHAVIOR

## B.U.I.L.D.

*B stands for:*

The first thing we need to do when a triggering behavior occurs is to STOP right there in your tracks in order to halt your own emotional reactivity.

When this step isn't done :

*U stands for:*

When you have this step dialed in you'll be able to figure out what's going on and WHY and be able to navigate every situation seeing more clearly instead of :



## *I stands for:*

When you do this step, Instead of feeling defensive, your child will have the invitation to notice and reflect on what's happening at that moment and to think about what they may need.

## *L stands for:*

When you don't listen to your child they need to fight to be heard, this means:

## *D stands for:*

When you successfully complete this step your child will know:



## NEXT STEPS:

What is ONE behavior I will use the BUILD framework with this week?

Based on my child's behavior these are 3 needs they may be expressing:

ACCEPTANCE, PHYSICAL AFFECTION, POWER  
EMPATHY, TO BE HEARD, INTIMACY,  
LOVE, NURTURING, RESPECT, CLOSENESS  
CONNECTION, COMMUNICATION, JOY,  
ORDER, PEACE, UNDERSTANDING, CONTROL,  
MOVEMENT, FUN ADVENTURE, ACCEPTANCE,  
LEADERSHIP, ENCOURAGEMENT,  
VALIDATION, COMFORT, AUTONOMY

Based on my child's behavior these are 3 skills they might need support with:





# B.U.I.L.D. BEHAVIOR RESPONSE PLAN

## *B: Breathe*

STOP right there in your tracks.  
Take 1-3 deep breaths to halt your emotional reactivity.

## *U: Understand*

Peek under the surface,  
what might your child/ren be feeling or needing?  
(Needs + skills)

## *I: Identify*

Verbalize the challenge/problem you observe out loud  
to provide awareness and context.

## *L: Listen*

Give your child space to express their thoughts and emotions,  
give all parties a chance to speak and process.

## *D: Discuss*

Lead a positive dialogue giving each person the chance  
to offer an idea or solution to move forward..

Teach and practice discussed strategies if needed. Allow child  
opportunity to help fix their mistake if appropriate.



# B.U.I.L.D. BEHAVIOR RESPONSE PLAN

## B: Breathe

### **STOP in your tracks.**

Take 1-3 deep breaths to halt your emotional reactivity and use a physical grounding strategy ('stop' or putting hand up etc)

## U: Understand

Take a snapshot under the surface, what might your child/ren be feeling or needing? (Needs + skills)

## I: Identify

Verbalize the challenge/problem you observe out loud to provide awareness and context.

## L: Listen

Give your child space to express their thoughts and emotions, give all parties a chance to speak and process.

## D: Discuss

Lead a positive dialogue giving each person the chance to offer an idea or solution to move forward..

Teach and practice discussed strategies if needed. Allow child opportunity to help fix their mistake if appropriate.

## *Primary needs*

acceptance companionship compassion consideration consistency affection  
empathy inclusion intimacy love mutuality appreciation nurturing respect  
self-respect safety security stability belonging support to be known to  
understand be understood trust cooperation warmth communication  
closeness honesty connection air food movement/exercise rest/sleep  
safety shelter touch water authenticity integrity presence autonomy joy  
humor play fun adventure exploration peace beauty communion equality  
harmony inspiration order choice freedom independence space  
spontaneity individuality awareness celebration of life challenge clarity  
competence consciousness contribution creativity discovery expression  
stimulation to matter understanding

## *Developmental Skills*

flexibility, transitions, emotional regulation, problem-solving, empathy,  
consideration, perspective-taking, planning, self-control, patience,  
transitioning, impulse control, communication, emotion identification,  
planning, conflict resolution