

“FILL MY CUP” A GUIDE TO EMOTIONAL REFUELING

Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- ☐ steal from other people's cups
- ☐ misbehave to get your attention and show that they need a refill
- ☐ seem to have bottomless cups, or need constant 'topping off'
- ☐ can't sit still for refills, or actively refuse them
- ☐ bounce off the walls
- ☐ fight or compete for every refill

What fills a child's cup:

- ☐ play
- ☐ friendship
- ☐ one-on-one time
- ☐ love and affection
- ☐ connection
- ☐ succeeding
- ☐ doing what they love to do or choose to do

What empties the cup:

- ☐ stress and strain
- ☐ rejection by peers
- ☐ loneliness and isolation
- ☐ yelling and punishment
- ☐ failing
- ☐ fatigue
- ☐ doing what they're forced to do or hate to do

How do you give refills? How do you fill up your own cup?