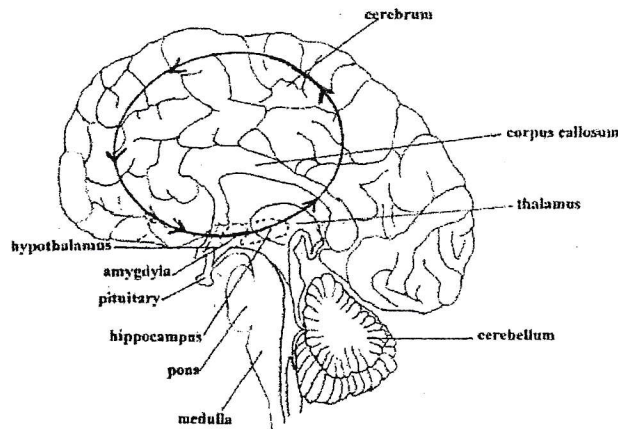


## Flipping Your Lid and Steps of a Repair

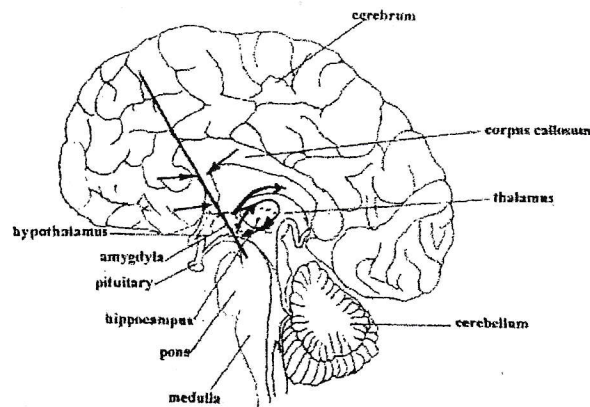
**Prefrontal cortex** regulates: emotions, interpersonal relationships, response flexibility, intuition, mind-sight-social cognition, self-awareness, letting go of fears, and morality.

### Integrative functioning (the high road)



**Integrative functioning:** "A form of processing information that involves the higher, rational, reflective thought process of the mind. High-road processing allows for mindfulness, flexibility in our responses and an integrating sense of self awareness. The high road involves the prefrontal cortex in its processes." Siegel and Hartzell, *Parenting from the Inside Out*.

### Non-integrated function (flipping your lid, the low road)



**"Low road functioning** involves the shutting down of the higher processes of the mind and leaves the individual in a state of intense emotions, impulsive reactions, rigid and repetitive responses and lacking in self reflection and the consideration of another's point of view. Involvement of the prefrontal cortex is shut off when one is on the low road." Siegel and Hartzell, *Parenting from the Inside Out*.

Drawings adapted from Siegel and Hartzell, *Parenting from the Inside Out*. P. 157

### Steps of a repair:

**Re-gather:** make sure both of you are back in your "full selves". Can take minutes, hours, or days.

**Recognize:** Internal process. Notice what it was that YOU did that created the problem.

The other person may have contributed, but these steps are for you to take responsibility.

**Reconcile:** BRIEFLY acknowledge your mistake and express regret (either an I'm sorry or I feel bad about what I did.) Brevity is critical here. Excuses or explanations are usually not appropriate.

**Resolve:** Briefly share your plan for not repeating the mistake, or figure out how to fix it. This is not about fixing the other person's feelings though. (Don't be extra nice or find a treat. The most powerful thing you can do is learn and change your behavior in a helpful way.)