

# Stop Yelling!

5-Day Guidebook for Moms



Becky Kopitzke

Hello, sweet mom!

I know you. You're tired. You're cranky. You're fed up with all the bickering and whining and the crying. (And sometimes the kids act like that, too.)

{Hahaha. Sigh . . .}

Let's be real. Somehow in the midst of carpooling, diaper changing, homework helping and Nick, Jr. watching, you turned into a crabby version of your old self. And you want the real you back.

Oh, she's still in there, sister. Let's pull her out.

Over the next five days, we'll explore five tips for taming the urge to yell, snap, bark and blow. Each strategy comes with practical tools and tasks to help you apply what you've learned and implement meaningful change—for the love of your old self and your family.

Are you ready? It's time to **STOP YELLING!**

Blessings,  
Becky Kopitzke

## Identify Your Enemy

Who are you yelling at? No, really. Is it the kids? Or someone else?

The first step to taming the Momster is recognizing who your real enemy is. *It's not your children.* They're on your team. You love them. Remember?

Often we forget who we're actually fighting against because our enemy is invisible. Like the old saying goes—*the devil made me do it.*

“Our fight is not with people. It is against the leaders and the powers and the spirits of darkness in this world. It is against the demon world that works in the heavens” (Ephesians 6:12).

God is love. Therefore, the devil is thrilled when we act unloving. Ask yourself whose side you are on. Are you giving the devil an edge? Often this simple realization is all it takes to quell the momma beast.

Next time you're fed up with the kids and ready to rip their gentle hearts to shreds, recite this mantra: *I will not let the devil get my family.*

# FAMILY



WE'RE ON THE  
SAME TEAM.

## The Quick Switch

Before we can tame our tongues, we need to tame our thoughts. Why? Because every word we say and every move we make begins in our heads.

When the kids are whining and arguing—we think, *these kids are driving me nuts. Get me out of here!*

When the hubby forgets to take out the trash—we think, *can't he remember to do anything I ask?*

And when a tender child melts into a puddle of tantrums and tears, we're tempted to join her. *Parenting is exhausting, we tell ourselves. I give up.*

And so, focused on these negative thoughts, we moms snap. We nag. We blow it. Again and again.

But what if we changed the way we think—in the heat of the moment? I call it the Quick Switch.

It's a simple trick. Anytime you're feeling angry or hurt about a loved one's behavior, immediately replace the negative thought with a positive one—of something that matters *more* than their flaws.

For example, next time your husband leaves his dirty socks on the floor:

*But he is loyal.  
He makes me laugh.  
He's a wonderful dad.*

Next time your son loses the car keys.

*But he's a hard worker.  
He has a generous heart.  
He loves Jesus.*

And next time your daughter spreads glitter glue all over the kitchen table and doesn't clean it up:

*But she is my treasure.  
God gave me this day with her.  
I can choose to build her up or tear her down.*

Sweet momma—make the right choice.

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you” (Philippians 4:8–9).

# My Quick Switch Statements

For each member of your family, write a list of affirming truths that you can use when you need to pull out the Quick Switch.

Name: \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Put a Little Love in Your Voice

When your kids act up, it's natural to feel irritated. And it's perfectly okay to speak out, to correct, to train and to discipline. That's our job as moms.

The trouble, though, isn't so much what we say. It's *how* we say it.

Do you ever sound like this?

*“Get your shoes on NOW, people! I’m sick and tired of all this dawdling in the morning! If you’re not in the car in 30 seconds then I’m leaving without you!”*

Lovely, eh? What if we put it this way instead?

*“How fast can you get your shoes on? If you beat me into the car then you can pick the radio station!”*

This is called “putting a little love in your voice.” It's a matter of changing your tone and word choices from *cranky* to *kind*—which is less stressful for everybody, and—bonus!—more effective.

*“A gentle answer deflects anger...” (Proverbs 15:1).*

## Gentle Answer Translations

Read each of these common cranky mom statements, then write a kinder way of saying the same thing. Add your own frequent statements, and practice putting a little love into them instead.

1. "Hurry up! We're going to be late!"

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2. "Turn off the TV *now*, this instant!"

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3. "Did you hear me?! I said get in the house!"

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4. "Life isn't fair. Get over it."

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5. "Don't make me pull this car over!"

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6. "What in the world is **WRONG** with you?"

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7. \_\_\_\_\_

8. \_\_\_\_\_

## Sing and Dance

Sometimes you've just got to let your frustration out. And you can—with some good old silliness.

**SING A SONG.** For real. When you're feeling the urge to purge your vocal cords, try belting out a tune instead of hollering. Not only can this help loosen your cranky pants, but the kids will look at you funny and maybe even start to laugh. So there you have it. Problem solved.

**TELL A JOKE.** Speaking of laughing—why not flip your anger on its head and distract the kids with a few kicks and giggles? Knock-knock jokes work great for this. (Shout “knock-knock!” a few times and see if that doesn't make you feel better.)

**DANCE.** It's purely scientific. When your kids irk you, your body generates a surge of cortisol. We think we want to release these “fight or flight” hormones by screaming, but instead, try burning them off with a sudden burst of the cabbage patch. That ought to confuse your kids long enough to forget about why they were whining in the first place, and it'll help you switch mental gears, too.

## Family Favorite Knock-Knock Jokes

Next time you need to lighten up the household mood, try one of these favorite knock-knock jokes—just for the *funny* of it.

<p>Knock knock. <i>Who's there?</i> Ice cream soda. <i>Ice cream soda who?</i> Ice cream soda people can hear me!</p>	<p>Knock knock. <i>Who's there?</i> Cash. <i>Cash who?</i> No thanks, I prefer peanuts.</p>
<p>Knock knock. <i>Who's there?</i> Hawaii. <i>Hawaii who?</i> I'm fine, thanks. Hawaii doing?</p>	<p>Knock knock. <i>Who's there?</i> Juicy. <i>Juicy who?</i> Juicy my car keys anywhere?</p>
<p>Knock knock. <i>Who's there?</i> Wa. <i>Wa who?</i> What are you so excited about?</p>	<p>Knock knock. <i>Who's there?</i> Ash. <i>Ash who?</i> Gesundheit!</p>
<p>Knock knock. <i>Who's there?</i> Mustache. <i>Mustache who?</i> Please let me in; I mustache you a question.</p>	<p>Knock knock. <i>Who's there?</i> Alda. <i>Alda who?</i> That's Alda jokes I've got. Goodbye!</p>

Think of the last time you snapped at your kids. Maybe it was yesterday, or this morning, even. Picture where you were standing, what you were doing, and the look on your child's face.

Now imagine Jesus had been standing beside you.

“No one can hide from God. He sees everything we do. We must give an answer to God for what we have done” (Hebrews 4:13).

I once heard a woman tell me that whenever she crouches to eye level with her children, especially when she's tempted to yell or scold, she makes a conscious effort to picture the cross rising between them. By adding Jesus to the scene, she remembers that her children belong to Him first. This singular shift in perspective is enough to whip her attitude back into shape, and she regains self-control.

What about you? Next time you're tempted to snap, picture Jesus in the room. He's really there. He loves your children even more than you do. And remember—he loves *you* that much, too.

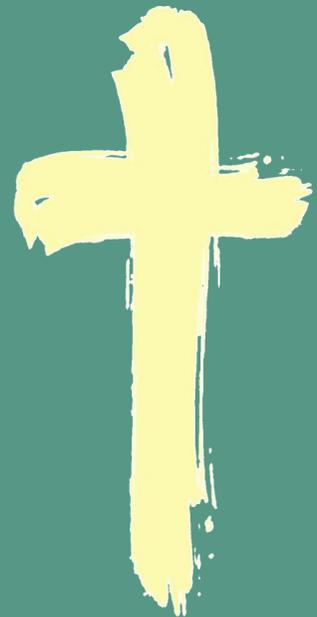
“You know him

for he

DWELLS

with you”

John 14:17



## Congratulations! You did it!

You've just spent the last five days investing in your kids and your own well-being. Cheers to you, momma! I hope this starter guidebook has given you power and motivation to tame that Momster.

Want more? You got it! Join the Cranky Mom Fix!



This fun and encouraging mom-to-mom coaching program is designed to equip and strengthen you with wisdom to face daily parenting challenges. Through inspiring webcasts, social media groups, downloadable activities and prints, plus awesome giveaways, contests and more, you'll have a blast getting “uncranked” with other moms just like you. Join us at: [beckykopitzke.com/crankymomfix](http://beckykopitzke.com/crankymomfix)