

FAMILY DISCUSSION GUIDE

GETTING STARTED IS THE HARD PART

Helping Kids Who Freeze Before a Task

Starting is like jumping into a cold pool. The hardest part is the very first second. Once you're in, your body does the rest.



THE STARTING ROADMAP

- NOTICE the freeze
- NAME what's hard
- SHRINK the first step
- TAKE the first step
- MOMENTUM kicks in!

START THE CONVERSATION

You don't have to see the whole staircase. Just take the first step.

1 When is it hard for you to get started on something?



2 What helps you take that first small step?



3 What makes it even harder to start?



4 How can we help each other get started?



BRAIN TOOLS WE CAN USE



SHRINK IT
Make the first step tiny.



TIMER
Try just two minutes.



RITUAL
Use a same start routine.



PAIR IT
Add something good.



PRAISE EFFORT
Celebrate the start, not just the finish.

REFLECT & PLAN TOGETHER

REFLECTION ❤️

- What's one task you dread starting?
- What tiny first step could you try?
- What would make it easier to begin?

OUR PLAN
We will try...

★ You can't always control how a task feels, but you can control how you start. Tiny starts create big momentum. ❤️



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Understanding minds.



Strengthening connections.