

PreDefence

Self defense before SHTF

<http://predefence.com>

Emotional self defense and children

Categories : [Children](#), [Emotions](#), [Uncategorized](#)

Tagged as : [emotional self defense](#), [parenting issue](#), [tamtrumwon't listen](#)

Most of us don't get mugged, hijacked, or murdered every day. And that's a good thing.

But a lot of us have children, and so our emotions are much more likely to take a beating than our bodies. (Although tickle fights occasionally end up with a kid sticking their finger so far up your nose that it starts bleeding ... but that's another story.)

To help your emotions stay in tact and un-beaten up, here's the guy who has helped me understand kids more.

Lately I've been thinking about that Sun Tzu quote (essentially) "know the enemy and know yourself and you won't lose in 100 battles", and that led me to write a Know Thyself series ([parts 1](#), [2](#) and [3](#) so far).

But it also helps to know the enemy. And when it comes to emotions, often the "enemy" is someone close to you. As someone said when asked why so many murders are crimes of passion between family members, the response was "Because nobody knows how to push your buttons quite like family does." (Don't ask me who it was - probably Miller or MacYoung.)

Children

We have procedures for [dealing with muggers](#).

PreDefence

Self defense before SHTF

<http://predefence.com>

We have procedures for [dealing with hijackers](#).

So here are some procedures for dealing with children:

<https://www.youtube.com/watch?v=Vcit8hlf9j4&list=PLB173C2175B35D18C>

This is a playlist of 18 videos . Click to watch them on Youtube so you can read all the titles and see which apply to you.

I can't say that I've watched all the videos in this playlist. But I've certainly watched most of them. Many times.

And the dude has some good insights.