

V.A.L. Technique Pocket Guide



The 3-Step V.A.L. Response:

Use this sequence when a tantrum or emotional meltdown begins.

	Step	Action & Goal	Phrases to Say (Validation is Key)
FROM CRISIS TO CALM	V - Validate	Connect First. Kneel down, use a soft voice, and name the emotion.	🧠 "I see that anger is very big right now."
		(Foco BNE: Acknowledge the feeling, not the behavior.)	🧠 "That must be so frustrating when [problem] happens."
			🧠 "I hear you. You are feeling sad because..."
	A - Accept the Limit	Set the Boundary. Use a low, firm, non-negotiable voice.	🧠 "It is not okay to hit. We keep our hands safe."
		**(Foco BNE: **Separate the child from the action.)	🧠 "The limit is no. I understand you're mad, but no."
			🧠 "We need to fix this together. The rule is..."
EMERGENCY PHRASES	L - Lead to Action	Offer the Next Step. Give a limited choice of two immediate, acceptable actions.	🧠 "The anger is done. Now, do you need a hug or the Emotion Box?"
		**(Foco BNE: **Move the focus from reaction to choice/repair.)	🧠 "First, let's take a deep breath, then we can talk about the toy."
			🧠 "Your body is still tense. Do you want to stomp your feet outside or squeeze my hand?"
	Emergency Pause (Adult)	Your Regulation. Use this before you speak. (The Pause).	STOP 🛑 Breathe (3 times). Say: "I can do this. I choose calm."

Key Reminders for the Parent

- **Tone is everything:** Use a low, slow, calm voice for Validating and a low, firm voice for Limiting. Never shout.
- **Avoid Why:** Never ask "Why are you doing that?" during a crisis; it only escalates the Lizard Brain.
- **Follow Through:** Once you state the limit (A), you must follow through without negotiating.