

Results of survey: 200 Women Surveyed on why we scream (lose it, flip out, come unglued, yell, ect.)

I am most likely to scream when I am:

- Stressed
- Tired
- Not feeling well
- Feeling helpless
- Overwhelmed with demands

I am least likely to scream when I am:

- Rested
- Things are calm
- Children are cooperating
- Getting things done.
- There are other people around.

My reasons for screaming?

- Gets my children's attention
- Gets results
- Feel better (temporary feeling) then I need a nap.
- My mother yelled. (And how did that make us feel? Do we remember?)
- HABIT.....Predictable results. The unknown is scary....I know what to expect.

How does it make you feel (after yelling, losing it, screaming)?

Guilty

For more information on screaming; order Sue's C.D. on "Mommy please don't scream...help for frustrated mothers." This C.D. is full of practical illustrations and applications.