Questions That Danny Has Gathered to Help Parenting Adaptability

What's going on inside of me?

Who is in front of me?

Do I know them well?

What is it that I know about them?

What's going on inside of them?

What is needed from me for them?

What do they need from me right now?

Is there another way to look at this moment or look at this?

What can I do to understand this situation better?