

## PARENT'S DECISION-MAKING WORKSHEET

**SITUATION/PROBLEM:** \_\_\_\_\_

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**WHAT TYPE OF PROBLEM IS IT?** (NO, C, P, PU, PO, C/P, C/PU, C/PO) \_\_\_\_\_  
 (Any SHARP RV issues? No = C, Yes = P. Is misbehavior PU or PO? Has child consistently shown mastery of the skill? No = PU, Yes = PO? Is this a combination problem?)

**IF PO, WHAT IS THE GOAL?** (Attention, Power, Revenge, Giving up?) \_\_\_\_\_

**STEP A: PREVENT THE PROBLEM** from starting or worsening (Prevention Toolbox: Foundation-Building, Self-Esteem, Cooperation, and/or Independence Toolsets)

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**PLAN A RESPONSE, USING THE APPROPRIATE TOOLSETS:**

**STEP B: ACKNOWLEDGE FEELINGS** (Child Problem Toolbox: Step B1: Focus on feelings, Step B2: Ask helpful questions, Step B3: X-amine possible options)

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**STEP C1: SET LIMITS** and/or express concerns (Clear Communication Toolset)

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**STEP C2: REDIRECT BEHAVIOR** (If PU, what skill do you teach? If PO, break the cycle.)

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**STEP C3: REVEAL DISCIPLINE** (Must be Related, Respectful, and Reasonable. Use problem solving to decide?)

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