

The Language of Discipline

BEFORE

"You can (+ behavior & + value/outcome)
or (- behavior & SHARP RV reason).

DURING

If you *choose to* (- behavior),
I'll know *you've decided* (the discipline.
(Instead of "I'll take it away," say "to give it up.")
until (when — as soon as possible).

FREAK-OUT PHRASE:

You'll have *another chance* (when — as soon as possible)
to show me you can (+ behavior)."