

STRONGER ON THE INSIDE WORKSHEET

In order to act different in challenging moments we need to be ready. We need a Script! Ever wonder why people seem so ready in the movies? List the challenges you or your child/ren are experiencing which cause you pain. Next write down the qualities, values, skills or traits you or your child need to grow in to overcome the challenges. Next think deeply about when you or they demonstrated those qualities. Finally write the statement that you will use to reinforce the desired behavior when it is occurring. This is the formula to build Inner-Strength which can last through any challenge.

Me or My Child's biggest challenge.	What Quality, Value, skill or Trait do I or they need to grow in to experience more success.	When did I, or my child, show ANY behavior which irrefutably shows that quality.. in detail.	Create a Statement that recognizes the behavior and the Trait you saw: Remember to begin with: " I SEE, or I NOTICE" statements, link to a quality and use "I need or I want" statements to set limits as needed.
No Motivation	Motivation, Independence, self-determined, brave	Washed your own face, brushed your teeth, did one problem on your homework, Finished all your homework all week without me saying a word	Bob, I noticed you brushed your teeth today, I appreciate the motivation and independence. Cathy I see you on the computer, I appreciate the independence and self-determination you are showing in beginning your homework.