

ACTIVITY TIME!

Take a look at Table 8. Think of five situations where you tend to have control battles with your child. You don't have to think of them all at once; you can fill out one or two and then come back later to do more.

Also, these don't have to be giant battles that you have with your child. For instance, maybe when you come home from work, you hug your child even though he is squirming a little to get out of the hug. Definitely not a battle, but still an area where you do something that takes control away from your child.

For each of the situations you come up with, write down what you might usually do, and then write down what you will do now.

Table 8 is designed to be simple; there is no hidden complexity here. Just keep it basic, and it will continue to be a guide and a reminder to you.

Control Battles	What you usually do	What you will do now
1)		
2)		
3)		
4)		
5)		

Table 8