BREAKING THE *Power* STRUGGLE WORKBOOK

Crack the code to dealing with a defiant, argumentative, or strong-willed child



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Welcome to
Breaking the Power Struggle Course

I know you're tired of feeling the guilt, exhaustion, and shame of constantly fighting with your child. You want a peaceful home where your children do what you tell them to do *the first time*.

You're a good mom. You just haven't cracked the code to dealing with a spirited, defiant, argumentative, or strong-willed child **yet**. Today is a good day because today I'm going to help you crack that code.

Use this worksheet to help you stay focused during the lessons and to jot down notes or questions.

If you want to know your true parenting personality, you can always email me at susan@parentcoachatlanta.com and after answering a few questions, you'll have your answer.

Susan

Lesson 1: Natural Authority

Natural Authority is granted as soon as:

Natural Authority is born from

TRUTH BOMB:
The reason moms have power struggles with their children is because

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The decisions we make for our children is always in the best interest of

---

When we use authoritative parenting we

- Provide...
- Manage...
- Protect...
- Distribute...

It's important to be authoritative in our parenting because it prepares them for

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Lesson 1: Natural Authority

Be + Have =

_____

Summary
Parents have a natural

_____

Be a

_____

Behave like a loving authority and your children will become well-behaved,

_____

NOTES:

Lesson 2: Leadership Audit

Step One is to ask what is working well.
Write that down here:

Step Two is to ask what is working okay but needs to be tweaked.
Write that down here:

Step Three is to ask what is not working at all.
Write that down here:

Lesson 2: Leadership Audit

Start with Step Three and write what you are going to work on here:

_____

_____

_____

_____

Tonight's Homework is to (without judgment)

❑ Practice...

❑Use a...

❑Write it because language plus motor equals...

❑Talk about this to...

❑My accountability partner is...

NOTES:

Lesson 3: Alpha Speech

When a command (sentence) is really a question when it ends with

_____

Ask yourself “Am I telling or am I…”

_____

When we talk too much we sound like

_____

Effective leaders (parents)

- Use very few…
- Say it…
- Don’t use their…
- Can add Ps and Qs back in once the children…

Tonight’s Homework is to replace

❏ “Okay?” with…

❏“Will You” with…

❏“Wah wah wah” with…

Remember,

_____

Lesson 4: Effective Consequences

The number one question Susan gets from parents is

_____

Even though I do everything right, my children will still

_____

There are two kinds of consequences. They are

_____

The most important part of delivering consequences is

_____

As parents we never do these two things:

_____

We need to teach our children that when they follow our directions, life is

_____

All Good Things...

_____

Lesson 4: Effective Consequences

Rarely do we think of effective consequences in the heat

We can delay consequences for...

- Young children up to:
- School-aged up to:
- Tweens up to:
- Teens up to:

Strike while the iron is...

When we wait to deliver a consequence

- It creates a bigger memory in our child's...
- They think they can't get away with...
- We feel...
- Our child will accept the consequence more...

NOTES:

Lesson 5: Making This Work for You

The first thing I want you to do it (even if you need to do it NOW) is

Brainstorm things you want your children to do (chores, errands, etc.)

Use the KISS (keep it simple, sweetie) method and do not bite off...

I am going to tell my child to:

Go ahead! Susan is waiting.
What happened?

Lesson 5: Making This Work for You

If your child said “no” that’s okay because

_____

If my child says “no” some consequences I can give are

_____

_____

_____

Things will get better and I’ll see real change in about

_____

NOTES: