

# Say This... Not That

## To Improve Your Influence



### Instead of Saying...

"You don't feel like unloading the dishwasher? That's too bad! I do so much for you that I don't want to do!"

You are not in charge! I am!

I don't care if you wanted your mom to put you to bed! I'm doing it tonight.

### Say This To Yourself....

Just because I have to do so many things that I don't want to do, that doesn't mean that she should have a positive attitude all the time. **If I connect with and help her**, she's more likely to do what she has to do.

If he's trying to control the situation, he must feel out of control. **Making him feel MORE out of control isn't going to help.**

She's clearly disappointed that she can't have her mom. If I make her feel worse, **that's not going to make bedtime go better.**

### Say This To Your Child...

I get why you don't feel like unloading the dishwasher. Do you want to know how I get through the things I don't want to do?

This is the rule of the house. It's OK to be upset about it.

I know you wanted your mom. That's what you're used to. Let's talk about our favorite thing about her as I put you to bed.