

REFLECT on the situation

Scenario: *My daughter was playing a game on her ipad and I asked her nicely - 4 times - to get off. But she didn't listen, even after I threatened to take away future screen time.*

WHERE YOU ARE: YOUR YUCK & VALUES

What is your chapter in this scenario?

She is not LISTENING to me! I have to show her that she has to listen to me.

Why does this bother you so much?

I made a specific request and she's ignoring me. She needs to learn to listen to me; I'm her father!

How does your Yuck affect how you respond? Does it help the situation?

I do start off asking her calmly... but when that doesn't work, I yell and threaten to take things away. It may help in this situation (sometimes), but it doesn't last.

What is your general level of Yuck, unrelated to this situation (1-10)?

If your level of Yuck is 5 or above, I recommend reaching out to me for some tools to address that early in the process.

How would you LIKE to be able to handle this if you were parenting from your values?

What would make you think you did a "good job" as a parent?

I'd like to be able to say something one time in a way that she will respect my authority.

WHERE YOUR CHILD IS: THEIR YUCK

What is your child's chapter in this scenario?

She's thinking, "I'm RIGHT in the middle of doing something. I always get in trouble for interrupting my parents, but they don't care that I'm almost done with this level! Why can't I just finish it??!"

How are they having a problem, not being a problem?

She's having a hard time ending something that feels good, and she's upset that we have a double-standard... and don't seem to care about her point of view.