

The 4R Response Method PLAN

Situation: *My son takes longer to complain about his homework than it would take him to do it*

REDUCE YOUR YUCK

(Use the Part 1 of the "4R Respond Method" training to guide you through this.)

Why I get triggered about this situation (consider your PAST learnings and fears of FUTURE): *If she rushes through, the teacher will have a bad impression of her.*

How my Parenting Avatar would address this situation: *Patient Becky would understand why she's rushing and help her find ways to slow down.*

What I need in order to align with my Avatar: *I need to remind myself that she's having a problem, not being a problem.*

How I'll make sure I get what I need: *I can do this when I get enough sleep and am not too tired!*



IDENTIFY ROADBLOCKS

(Use Part 2 of the "4R Respond Method" training to guide you through this.)

My chapter is: *He's just being lazy! We all have to do what we don't feel like doing.*

My child's chapter is: *It's really hard for me to do things that are boring. I know I should slow down but I don't know how to get my brain to slow down.*

The roadblocks that my child is facing are (check "Roadblocks" resource)

Expectation-based: *He usually can't slow down on boring things just because I ask.*

Yuck-based: *He feels like no one gets it.*

Skill-based: *He doesn't know how to slow down so he can do homework better.*

Roadblock I'm going to focus on for now: *He doesn't know how to slow down.*



RESPOND EFFECTIVELY

(Use the Part 3 of the training to guide you through this.)

What's NOT in my control: *Whether he slows down.*

What IS in my control: *How I respond when he's rushing.*

When he resists, then I will *remember that he struggles with slowing down* (to REGULATE)
Let him know that I realize he's doing his best (to care about the ROADBLOCK).

If that doesn't help, I will re-state the boundary and as they ROUND the curve, I will *recognize that he's releasing Yuck* and I will not *tell him that he's making a big deal over nothing.*



SCHEDULE ROUTINES

(Use Part 4 of the training to guide you through this.)

The roadblock I decided to work on for now: *He doesn't know how to slow down*

Routine(s) I will use to address this:

- ✓ Yuck dumps
- ✓ Strategies to help him slow down

When I will do this: *Yuck dumps on school days*

We'll look for some strategies together on the weekend.