



## Your turn

The steps below are based on principles of Cognitive Behavioural Therapy and are adapted from Bonnie Harris' workshop workbook.

1. Identify a **BEHAVIOUR** that winds you up.

For example: not listening to me/doing what I ask.

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2. How do you **REACT** when you see this behaviour?

For example: shout, nag, criticise, give up, complain.

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3. How do you **FEEL** when you see this behaviour?

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4. Identify your **EXPECTATIONS** about your child's behaviour.

For example: I expect him to pay attention when I'm talking to him. I expect him to do what I say when I say it.

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5. Identify your **THOUGHTS and BELIEFS** about your child and about yourself.

For example: he's so rude, he's a spoilt brat who never thinks of anyone else. I'm a hopeless parent, I have no control – my children ignore me- they should pay attention to me, I'm not teaching my child good habits for life.

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6. How can you **RE-FRAME** these thoughts and beliefs?

For example: He's easily distracted and absorbed with other things. He's not yet in the habit of making eye contact when I talk to him. He is tired when he comes home from school and sick of being told what to do all day long. He wants some power in his life.

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