



CORRECTING BEHAVIORS

worksheet

TEEN

Use this worksheet to decide how to use the steps of Correcting Behaviors. We've given you an example to show you how it's done.

 EXAMPLE	1. GET YOUR CHILD'S ATTENTION.	"Aubrey. Why are you on your phone?"
	2. EXPRESS EMPATHY.	"I know how much you like texting with your friends. . . ."
	3. DESCRIBE THE BAD BEHAVIOR.	"But you know you can't use your phone until your chores are done."
	4. DELIVER A CONSEQUENCE.	"Because you didn't complete your chores before you started using your phone, you've lost your phone for an hour."
	5. DESCRIBE WHAT YOU WANT YOUR CHILD TO DO INSTEAD.	"What you should have done is completed your chores before texting your friends."
	6. GIVE A REASON WHY THIS NEW BEHAVIOR IS IMPORTANT TO YOUR CHILD.*	"If you do this, you'll finish your chores quickly and have more time on your phone to text your friends."
	7. PRACTICE THE NEW BEHAVIOR AND REDUCE THE CONSEQUENCE.	"I know you want to use your phone so you can text your friends. If you do a small chore without texting while the phone is in your pocket, you can earn it back in 45 minutes instead of an hour."

 SITUATION	1. GET YOUR CHILD'S ATTENTION.	-----
	2. EXPRESS EMPATHY.	-----
	3. DESCRIBE THE BAD BEHAVIOR.	-----
	4. DELIVER A CONSEQUENCE.	-----
	5. DESCRIBE WHAT YOU WANT YOUR CHILD TO DO INSTEAD.	-----
	6. GIVE A REASON WHY THIS NEW BEHAVIOR IS IMPORTANT TO YOUR CHILD.*	-----
	7. PRACTICE THE NEW BEHAVIOR AND REDUCE THE CONSEQUENCE.	-----

*Must be meaningful to your child.