

NEGATIVE APPROACH	THE 4 GOALS OF BEHAVIOR	POSITIVE APPROACH	<p>Redirect your child from a NEGATIVE APPROACH to a POSITIVE APPROACH.</p> <ul style="list-style-type: none"> ■ Avoid “paying off” misbehavior. ■ Encourage, encourage, encourage!
Undue Attention Seeking	Belonging	Contributing	
Rebellion	Power	Independence	
Revenge	Protection	Assertiveness/Forgiveness	
Undue Avoidance	Withdrawal	Appropriate Avoidance	

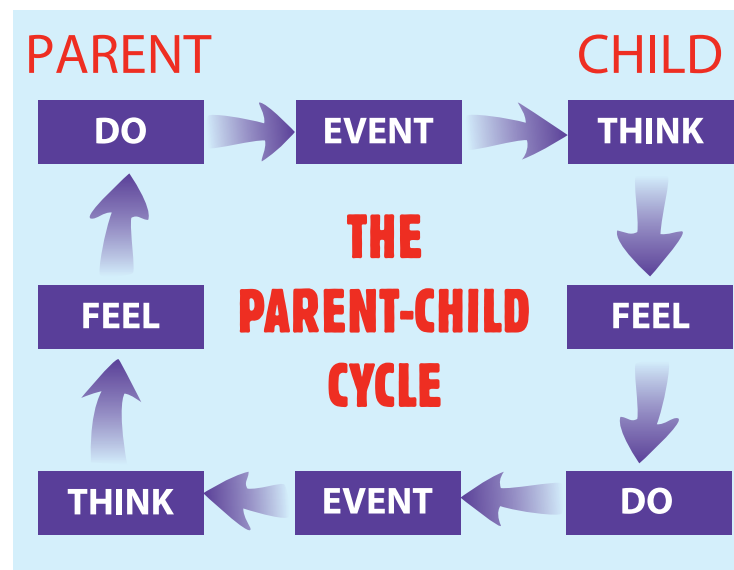
POWER STRUGGLES: DON'T FIGHT & DON'T GIVE IN.

USING ANGER POSITIVELY

1. Acknowledge your anger early, when it is still small.
2. Hit the imaginary “pause” button in your Think-Feel-Do Cycle.
3. Use self-calming techniques.
4. Act to solve the problem.
...or...
Act to change your thinking about the problem.

THE FLAC METHOD

Feelings
Limits
Alternatives
Consequences



Supplement this video with the *Active Parenting (4th Edition) Parent's Guide* and *Parent's Workbook* for in-depth explanation of Active Parenting skills and guided practice to help you put them into action.