



## Exercise: Discipline Inventory

1. How was discipline handled in your family when you were growing up?
2. Who did most of the disciplining?
3. How did you feel when you were disciplined?
4. How do you feel about disciplining your children?
5. What methods are you currently using to discipline your kids?
6. How effective do you feel in disciplining your kids?
7. What improvements would you like to make?