



## Homework Schedule

### Week 1

During the coming week, analyze your child's misbehavior according to one of the four goals:

**BOARD: 1. Attention    2. Power    3. Revenge    4. Inadequacy**

1. Describe what your child did.
2. Describe your feelings and exactly how you reacted.
3. Describe how the child responded to your reaction.
4. Using the four goals of misbehavior, decide what must have been the purpose of the child's behavior.

### Week 2

During week 2 analyze your children's emotional displays:

- A. During times of emotion for your child, how did you respond to your child?
- B. How did your own feelings influence your response to your child?

### Week 3

This week, find ways to encourage your children. In each instance, notice what happened, how you encourage the child, and the child's response. You can take notes and share your experiences with the group next week.

### Week 4

Practice using reflective listening in your communication with your children. Take notes and share your experiences next week.

### Week 5

Practice using "I messages" and help your child explore alternatives.