



Session 7: Skill of Choices, Power of Free Will

E-Course/Mini-Poster



The only person I can make change is myself.

Breathe deeply and focus on what you want the child to do. Think of two choices that are positive actions and acceptable to you. (Offering a positive action and a negative action isn't a choice; it's coercion.)

“You have a choice! You may (positive action) or (positive action) . Which is better for you?”

Affirm their choice. “You chose (restate choice) .”

Notice their choice to comply. “You did it! You (describe the action) !” or
“Look at you! You’re (describe the action) !”

Example:

“You have a choice! You may start with the problems at the top of the page or the ones at the bottom of the page. Which is better for you?... You chose the problems at the bottom... Look at you! You’re doing the problems at the bottom!”

My personal commitment:

I am going to _____