

# What Happens When?

It can help to think about why your children act a certain way before, during and after getting in trouble. If you know what happens at all stages, you can plan ahead the next time it happens.

*Use this worksheet to think about ways to react when your children make a bad decision.*

List the top 3 things that your child gets in trouble for:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Write those 3 things into the boxes along the top of the table.

	1.	2.	3.
What is your child usually doing when they start to do this? (Watching TV, etc.)			
Do you ever see the trouble behavior coming? If yes, how?			
How do you usually react?			
What does your child do after you react? (Stop, continue, get worse...)			
Do you do anything before punishing them? (Warnings, etc.)			
Have you ever tried reacting a different way?			

Is your response always the same? (Or do you let it go sometimes?)			