

ASSIGNMENT #4

What kind of child do you want to raise? Most people will respond with a negative, “One that doesn’t” One of the primary jobs of a parent is to raise a child into a productive healthy adult that can make decisions for themselves. Yet many parents teach more self-centered lessons and raise a generation of adults who cannot make decisions, have no consistency, and view the world with a sense of entitlement rather than responsibility.

Assignment:

a. Learn and practice this 5 Step Decision Making Model

1. Empathy

Communicating a common feeling, “That would make me angry too!”

Hint: This must be genuine not sarcastic or demeaning.

2. Power

Shift power to the person who owns the problem. “What are you going to do?”

Hint: Ask them and be silent until they respond.

3. Suggestions

Offer one suggestion. “Would you like a suggestion?”

Hint: Don’t tell them any suggestion you do not want them to follow through on.

Give them the worst suggestion first.

4. Evaluation

Brainstorm all possible consequences of that suggestion. “How do you think that is going to work?”

If the consequences are unacceptable to them, then go back to step 3.

If the consequences are acceptable move on the step 5.

5. Permission

Give them permission to follow through on that suggestion. “Great, let me know how that works for you.”

b. Write an experience you had practicing this and send it to the AMYA Counselor.