

NEGATIVE APPROACH	THE 4 GOALS OF BEHAVIOR	POSITIVE APPROACH
Undue Attention Seeking	Belonging	Contributing
Rebellion	Power	Independence
Revenge	Protection	Assertiveness/Forgiveness
Undue Avoidance	Withdrawal	Appropriate Avoidance

Redirect your child from a **NEGATIVE APPROACH** to a **POSITIVE APPROACH.**

- Avoid “paying off” misbehavior.
- Encourage, encourage, encourage!

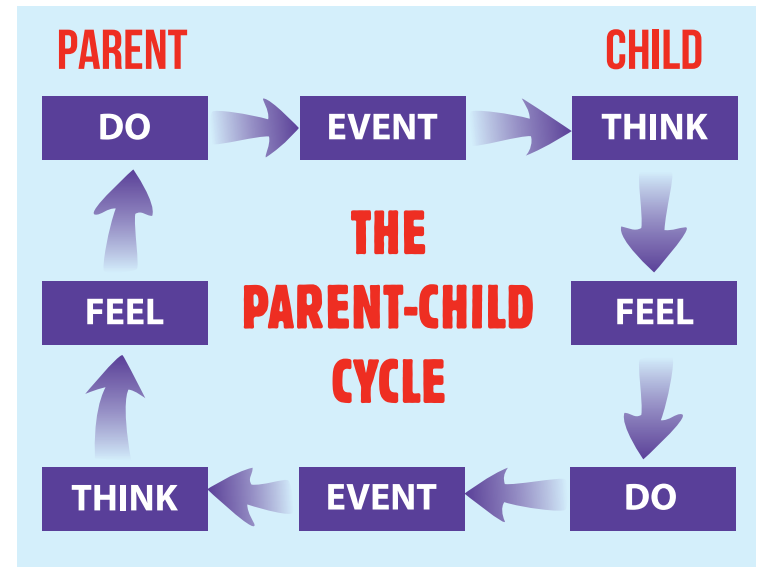
**POWER STRUGGLES: DON'T FIGHT & DON'T GIVE IN.**

**USING ANGER POSITIVELY**

1. Acknowledge your anger early, when it is still small.
2. Hit the imaginary “pause” button in your Think-Feel-Do Cycle.
3. Use self-calming techniques.
4. Act to solve the problem.  
...Or...  
Act to change your thinking about the problem.

**THE FLAC METHOD**

- F**eelings
- L**imits
- A**lternatives
- C**onsequences



Supplement this video with the *Active Parenting (4th Edition) Parent's Guide* and *Parent's Workbook* for in-depth explanation of Active Parenting skills and guided practice to help you put them into action.