

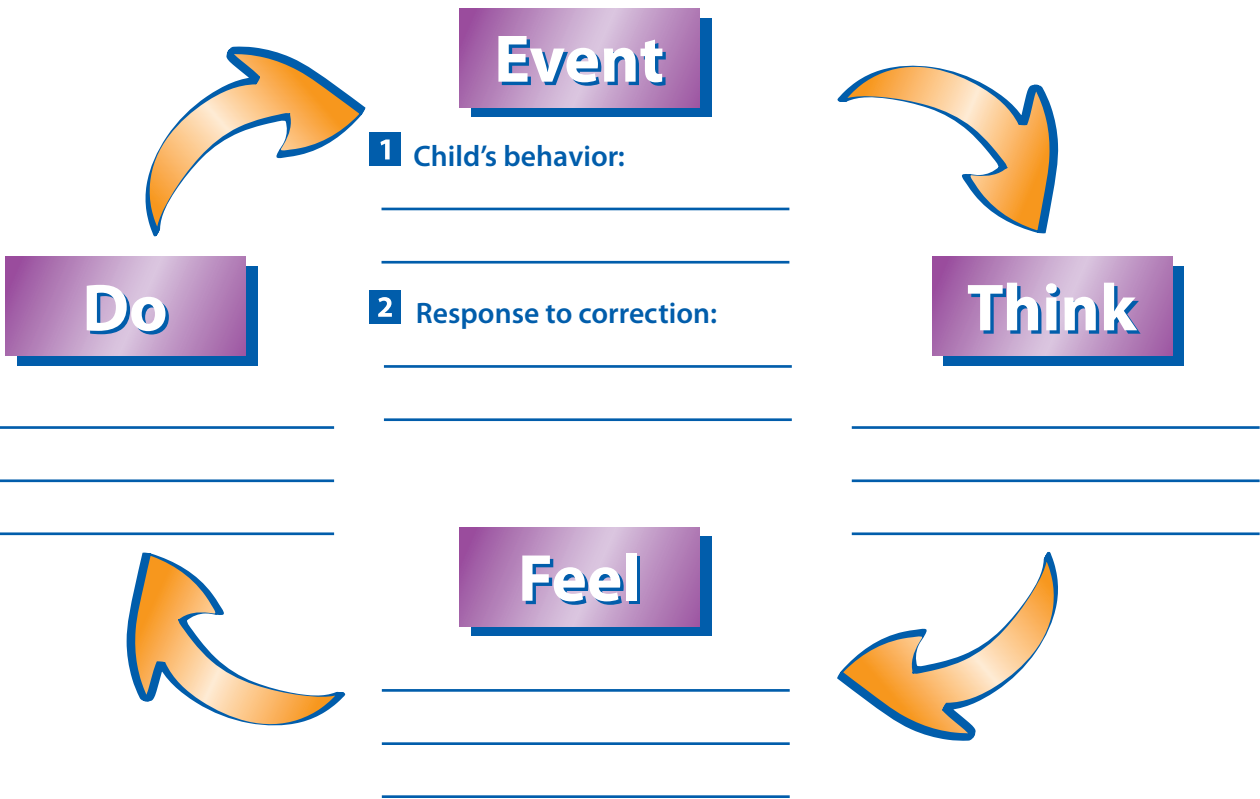
Four Goals Activity

Use this chart with the activity on pages 112-113 of the *Active Parenting Now* Leader’s Guide.

Directions: Think of a conflict that you recently had with one of your children. If you don’t have children, make up a conflict. Beginning with #1 under “Event”, fill in the Think-Feel-Do Cycle below as it applies to your conflict. Use the following questions to guide you:

- What was the misbehavior or “the event”? Fill in the blank #1 under “Event”.
- How did you feel about this event: annoyed, angry, hurt, or helpless? Fill in the blank under “Feel”.
- What sort of thoughts caused this feeling? Fill in the blank under “Think”.
- What did you do to attempt to correct the misbehavior? Fill in the blank under “Do”.
- How did your child respond to the correction? What did he/she do? Fill in the blank #2 under “Event”.
- Did your feeling and your child’s response to correction tell you what his goal and negative approach were? Fill in the blanks for “Child’s goal” and “Child’s negative approach”.
- Did you “pay off” the misbehavior? How? Fill in the blank for “Child’s payoff”.

Think-Feel-Do Cycle



Child’s goal: _____

Child’s negative approach: _____

Child’s “payoff”, if any: _____