

PULLING THE PLUG ON POWER STRUGGLES

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You are in a “power
struggle” if you find
yourself...

Defending your position or your
credibility

Bringing up past history

Delivering threats or ultimatums

Allowing your “buttons” to be pushed

TIPS FOR SUCCESS

You can only change yourself.
Avoid reinforcing the misbehavior.

Teach something to replace the
misbehavior.

Give time for the person to respond.
Never try to solve a problem during a
problem.

Set a time to hold a discussion at your
convenience and when everyone is calm.

THE “LIMIT” TEST

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Before a limit leaves your lips, it has to pass the “limit” test!

THE TEST:

Is the limit clear?

Is the limit concise?

Is the limit reasonable?

Is the limit enforceable?

JIM FAY'S LOVE AND LOGIC: ARGUING ANTIDOTE
www.loveandlogic.com (1-800) 338-4065

STEP ONE: GO BRAIN DEAD!

Remember: There is nothing wrong with a kid that a little reasoning won't make worse.

Never: Attempt to reason with a child. Don't attempt to explain your position. Logic does not work in these situations because the child is playing by a different set of rules than you are. He/she is not interested in facts and logic. He/she is interested in seeing you give up!

STEP TWO: CHOOSE A LOVE AND LOGIC "ONE LINER"

Choose from:

- "I love you too much to argue."**
- "I respect you too much to argue."**
- "I bet it feels that way."**
- "That's an opinion."**
- "I understand."**
- "How sad."**
- "Nice try."**
- "Thanks for noticing."**
- "Thanks for sharing."**
- "I'll love you wherever you live."**
- "Probably so."**

STEP THREE: DO NOT ATTEMPT TO THINK!

Become a broken record, saying the same one liner for each new argument the child comes up with. Keep your voice soft. Allow any frustration to be that of the child and not you.

STEP FOUR: IF THE CHILD CONTINUES TO ARGUE...

For some very strong willed or manipulative children, it is effective to say, "I argue at 12:15 or 3:15 daily. What would work best for you?"

Then play broken record with this question.

Don't give into the temptation to match wits with the child.

CAUGHT IN A POWER STRUGGLE?

- A. Use the three "C's" to your advantage...
STAY CALM
GIVE CHOICES
BE CONSISTENT
- B. Be supportive. Remain calm and use empathic listening to your advantage.
- C. Use proximity to your advantage. How close?
- D. Watch your PARAVERBALS.... Body language, your tone of voice, your volume and your cadence... Follow John Wayne's advice; TALK LOW, TALK SLOW and DON'T SAY MUCH AT ALL!
- E. Allow some "venting or releasing" of some of the emotions. Remove the audience if possible. Keep support personnel within earshot if possible.
- F. QUIT...Quit taking it personally! Stay rational; even more important the more irrational the other person is...
- G. Be directive. Set limits with the individual! Limits need to be CLEAR, CONCISE, REASONABLE AND ENFORCEABLE! Give the directive during the "valley" of the person's emotional outburst and not during the "peaks"!
- H. MODEL for the person what you need for them to do. For example; take deep breaths, speak calmer and in a lower voice, step away from the person slowly etc...
- I. USE LOVE AND LOGIC "Anti-Arguing" (See attached)
- J. Visualize and practice how you would deal with an individual who is irrational, angry or trying to engage you in a power struggle. The more you can practice, the more prepared and confident you will feel when facing this particular individual.