

## Problem Worksheet

What does your child want? \_\_\_\_\_

What's making you want to say no?

Is it a need? Ask yourself, "What do I want?" List it below.

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Is it a fear or concern? Ask yourself, "What am I afraid of?" List it below.

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Solving this problem means that you and your child will need to take care of what the child needs, as well as your needs and concerns.

So what ideas do you and your child have that could solve this problem?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

After you list about six ideas, stop and cross out any that you (or your child) are not comfortable with, and select a solution from what remains. If you've crossed everything out, take a little time off (half an hour or so) and try again.

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