

Worksheet for Life Lesson 3: Problem-Solving Worksheet

Let's practice getting what you want when someone says no. What it usually takes is figuring out what the other person needs or fears. Once you figure that out, it's pretty easy to come up with some solutions. Let's practice one situation and then try to get you something that you want for real.

Here's the pretend situation. Let's say that it's 6:30 at night, and a show that you want to watch is coming on in 2 hours, at 8:30. You ask your mom and dad if you can stay up and watch, but they say no. So what can you do?

Well, you could yell, tell them they're not fair, that other kids can stay up a lot later than you do, and go on and on . . . but that's not likely to work.

OR

You could try to figure out what they need or fear. You could say, "Mom and Dad, can we talk about me watching the show tonight? What's making you say no? Is it something you need me to do? Is there something you're worried about?"

THINK FOR A MINUTE . . . BREATHE

What kind of fears could be getting in the way? What could your parents possibly need from you? Take a couple of minutes and fill in these lines:

Mom/Dad might be afraid that I'll _____.

Or maybe they're afraid that I'll _____.

Or maybe they need me to _____.

Or maybe they need _____.

Now that you have some ideas of why your parents might say no, let's come up with some ways that you could take care of the problem so they'll say yes.

Idea 1: I could _____.

Idea 2: I could _____.

Idea 3: I could _____.

Idea 4: I could _____.

Worksheet for Life Lesson 3: Problem-Solving Worksheet (Continued)

Now let's try the real thing. Think about something you want or would like to do but your parents have said no. Let's see if you can find out what your parents' needs or fears are and figure out some ways to take care of them so that you can get what you want.

Step 1: Write down what it is that you want or would like to be able to do.

Step 2: Ask politely (say "please").

Step 3: Parents/grandparents/other caregivers say no.

Step 4: You ask: What's getting in the way? Are you worried about something? Do you need me to do something?

Do they need something? If so, what is it?

Are they afraid or worried about something? If so, what are they worried about?

Step 5: Now, talk with your parents and write down some ways that you could take care of their needs or fears and still get what you wanted.

Idea 1: _____

Idea 2: _____

Idea 3: _____

Once you have some ideas that can work, pick the ones that you and your parents like. Beats whining, doesn't it?