

The Art of
Powerful
Non-Defensive
Communication

Taking
**POWER
STRUGGLE**
out of
Parenting

Sharon Strand Ellison

with

Ami Atkinson Combs

Taking POWER STRUGGLE out of Parenting

Dear Listener

We are thrilled to bring you this unabridged audio version of *Taking Power Struggle Out of Parenting*. Based on the system of *Powerful Non-Defensive Communication*, these CDs offer tools that can eliminate much of the defensive and power struggle in our families.

We would like to share some tips you can use to get the greatest benefit from these CDs.

In order to give you the bigger picture of how these principles & skills work together, we strongly recommend that you listen to the CDs all the way through, at least once—even if you have to do so a little at a time!

You can also use this booklet frequently as a resource to guide you as you strengthen your skills.

- The tracks are numerous and detailed so that you can quickly access specific information
- The topics include both situations, such as “Callie and Sarah: Getting Ready for Kindergarten” and specific issues, such as “Appreciation.”
- You can follow any issue, such as “Whining,” “Hitting,” “Homework” or “Complaining” through various tracks to learn different ways to respond.
- The booklet also serves as an outline that you can review as you practice.

We hope you gain insight, skill, and wisdom that will enhance your joy as a parent.

With Care, *Sharon & Ami*

Sharon Strand Ellison | Ami Atkinson Combs

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Ami & Will: Getting Dressed

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- Focus *Only* on What the Words Mean
- Avoid Repeating Verbatim, Use Your Own Words
- What the Words Would Mean If You Said Them & They Were True
- Whining Child: “I Can Do It Myself”
- Child in Bad Mood Says, “I’m Fine”

I See

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- Seijun and Paul: Clearing the Table
- Child’s Homework Not Done or Forgets to Take it To School
- Whining Child: “I Can Do it Myself”
- Child in Bad Mood Says, “I’m Fine”

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Spontaneous Growth, Awareness, and Change Through Conversation

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