Taking Power Struggle out of Parenting

Sharon Strand Ellison
with
Ami Atkinson Combs
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.

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
The Authority Continuum

1 Introduction
   The Authority Continuum: Tracks 2-5

2 Authoritarianism
   Billy, Do Your Homework, Now!

3 Permissiveness
   Callie & Sarah: Getting Ready for Kindergarten
   Kyle & Zoe: Zoe Refuses to Sit in the Breakfast Café

4 Coaxing-Authoritarian™
   Callie, Bill & Sarah: Getting Ready for Kindergarten
   Jesse: Reflections on Coaxing & Anger

5 Bullying-Permissive™
   Seijun & Paul: Clearing the Table

6 Powerful Non-Defensive Communication™
   A New Use of Authority—Firm & Flexible
   Firm: Clear Boundaries are Essential to Absorbing Love
   Flexible: Eric & Brother: Resisting Homework Before Trip to Circus

7 Predicting Consequences: The Magic of the “If-Then”
   Will & Sam: Watching TV & Fighting
   Ami & Will: Getting Dressed
   Will & Sam: Slamming Cupboard Doors
   Melissa & Brother: Preventing Older Sibling from Hitting

8 Predictions Forecast Choices & Consequences on Two Sides
   Rude Daughter
   Demanding Child: Wants to Have Parent Read
   Problems with Stating Only One Side of a Prediction
   Prediction about Getting Dressed Before Watching TV
   Practicing the “If-Then” Phrase
   Sam & Will: Shoving on the Stairs

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The Authority Continuum

9 Limit-Setting Predictions

What is a Limit-Setting Prediction?
Callie & Sarah: Getting Ready for Kindergarten
Phrasing the Limit-Setting Prediction
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   Eating Vegetables
Two: “I” Versus “You”
   Ami: Sneaking into Watch TV Before Picking Up Her Room
Three: Owning My Own Part in the Prediction
   Two-Year-Old Tantrum, Hitting, Wanting Cookie
Four: “I” versus Third Person
Five: The “Royal We” Instead of “Me”
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   Practicing Out Loud: “If You Don’t Do X, Then I Won’t Do Y”
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10 Challenge-Choice™ Predictions

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      The Impact Punishment Has On Children
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      Jane & Linda: Hitting brother, Stays In Her Room Several Hours
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      It's A New Stage of Life, Babe, Get Used To It!
Firm, Nurturing Limit-Setting

Preparation for Making Effective Predictions, Tracks 1-5

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   Listing Specific Areas Where Change is Needed

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4 Naming the Core Issue
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   Ami & Will: Lunch Money & Appreciation
   Seijun & Paul: Procrastination
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   Core Issues & Values List
   Paul, Frankie, Sarah, Zoë

5 Evaluating Your Own Reactions
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   What You Believe, Think, Feel, & Do About It

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   Mercedes & Marta: Ignoring Daughter’s Constant “What?”

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8 Making the Consequence as Convenient as Possible
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   Martha & Adam: Pulling on Grandma to Get Her to Move
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   About Wearing Pants or Dresses to Pre-School

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Curious, Disarming Questions

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   I See: Anything That Contradicts the Words
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   I Conclude: Your Interpretation of What the Contradiction Means
   I Feel, Think, Belive, and/or Do: Your Own Reactions
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5 Remembering the Four Steps
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   Tell It Like a Story

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A Closer Look at the Steps

6  I Hear
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
Link I Hear & I See with "And At the Same Time; Avoid "But"
Seijun and Paul: Clearing the Table
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Whining Child: "I Can Do it Myself"
Child in Bad Mood Says, "I'm Fine"
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Honest, Equal Conversations

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Taking Power out of Struggle Parenting

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