



Five Weeks to Lasting Peace with Your Intense, Difficult Child

Week 3 Handout

Review:

- Remember *Toys R Us* and *Video Therapy*—it's at the basis of all we're doing.
- ***The 3 Stands:***
 1. I refuse to be drawn into negativity.
 2. I commit to purposefully energizing success.
 3. I will enforce rules and consequences consistently, precisely, and unceremoniously each and every time.

Thinking of the stands as the legs of a 3-legged table; when one leg is broken, the table doesn't work. When something isn't working in the NHA, it's usually in one of the stands.

Focus of Session 3: Tools for Energizing Success

Tools for energizing success are the different forms of recognitions:

- Active
- Experiential
- Proactive
- Creative

Think of the tools as always sitting on top of the 3-legged table. They work together.

Active: the purpose is to create a sense of belonging and a sense of value just for being.

Experiential: the purpose is to teach values/standards when child is most available for learning.

Proactive: the purpose is to clarify rules, recognize healthy power, energize efforts in the right direction, and encourage self-control.

Creative: the purpose is to create successes that wouldn't otherwise exist, and provide irrefutable evidence of those successes.
