

YOUR CONSEQUENCES WORKSHEET



This worksheet is designed to help you establish a consequence for negative behavior as clearly and consistently as possible.

Step 1: In the left-hand column, list your expectations for your child's behavior. Then in the right-hand column, describe the consequence that will result from going against this expectation.

Expectation	Consequence
<i>She will come home on time from the party.</i>	<i>If she is more than 15 minutes late she will not be allowed to use the car the following week-end.</i>

Step 2: Choose one of the above, and plan how you will communicate (in advance) your expectation and consequence to your child. Use your new communication skills.

Example: *I know it is hard to leave your friends, but you need to be home by curfew. If you are more than 15 minutes late you will not be able to use the car next weekend. I'm happy to send a text reminder, if that would help?*

Your communication:

Step 3: Anticipate any obstacle(s) that might get in the way of consistently following through, and plan how you will deal with it.

Example: *I will be working and she may need to get to her soccer game. I will make sure my husband can drive her.*

Your obstacle(s) and solution(s):