

Module 5 IMPROVING OUR PROBLEM SOLVING SKILLS
Session a Listening and responding with empathy
Session b Accepting Responsibility for Problems

Module 5 A Handout - Response and Discipline

Scenario 1

Raul borrows the family car to go out with friends. He promises be careful with the family car, however, when he returns the car has been wrecked.

Scenario 2

Peter comes home after a night out with his friends, and you can smell alcohol on his breath.

Scenario 3

You are at work and receive a phone call from the local police department stating that your daughter, Carmen, was arrested for shoplifting.

Scenario 4

The school calls you at home and informs you that your child is not in class. When Anna returns home at 3:30 and states she had a great day at school, what would be your response?

Module 5 A
Handout of Open Ended Stories
Listening and Empathy

Your daughter comes home from cheerleader tryouts, she is crying because she did not make the cheerleading team. She states that she is no good at anything and wishes she could die. How do you handle the situation?

Your son's best friend was just diagnosed with a terminal form of leukemia. Your son states that this is not fair, why his friend? How will you encourage your son to talk about his feelings?








Your husband has just lost his father with whom he was very close. He is having great difficulty in returning to work. How do you handle the situation when he states, "It just doesn't seem worth going on"?

Module 5 A
Handout
Game Perception of Phrases

Directions: Have each member of the class explain the meaning of one of the following phrases.

1. Stop; please don't stop.
2. You would be lucky to get him to work for you.
3. She's bad.
4. He's dope.
5. That's phat.
6. It's the bomb.

Mod 5 A Books on Behavior Modification
Book List from amazon.com

- [Don't Sweat the Small Stuff--and it's all small stuff](#)**
by Richard Carlson. Paperback
Our Price:\$11.50 Usually ships in 24 hours
Average Customer Review: 
- [Parenting the Strong-Willed Child : The Clinically Proven Five-Week Program for Parents of Two-To-Six Year-Olds](#)**
by Rex L. Forehand, Nicholas Long (Contributor). Paperback
Our Price:\$11.96 Usually ships in 24 hours
You Save: \$2.99 (20%) Average Customer Review: 
- [The Discipline Book : Everything You Need to Know to Have a Better-Behaved Child-From Birth to Age Ten](#)**
by William Sears, Martha Sears. Paperback (February 1995)
Our Price:\$11.16 Usually ships in 24 hours
You Save: \$2.79 (20%) Average Customer Review: 
- [Your Defiant Child : 8 Steps to Better Behavior](#)**
by Russell A. Barkley, Christine M. Benton. Paperback (October 1998)
Our Price:\$11.96 Usually ships in 24 hours
You Save: \$2.99 (20%) Average Customer Review: 
- [Behavioral Intervention for Young Children With Autism : A Manual for Parents and Professionals](#)**
by Catherine Maurice(Editor), et al. Paperback (December 1996)
Our Price:\$37.00 Usually ships in 24 hours
Average Customer Review: 
- [Kid Cooperation : How to Stop Yelling, Nagging and Pleading and Get Kids to Cooperate](#)**
by Elizabeth Pantley, et al. Paperback (April 1996)
Our Price:\$11.16 Usually ships in 24 hours
You Save: \$2.79 (20%) Average Customer Review: 
- [8 Weeks to a Well-Behaved Child : A Failsafe Program for Toddlers Through Teens](#)**
by James Windell. Paperback (July 1995)
Our Price:\$9.56 Usually ships in 24 hours
You Save: \$2.39 (20%) Average Customer Review: 
- [You Can't Make Me : \(But I Can Be Persuaded\)](#)**
by Cynthia Ulrich Tobias. Hardcover (August 1999)

Our Price:\$12.56
You Save: \$5.39 (30%)

Usually ships in 24 hours
Average Customer Review: ★★★★★

9. [Lean for Life : The Clinically-Proven Step-By-Step Plan for Losing Weight Rapidly and Safely...and Controlling It for Life!](#)
by Cynthia Stamper Graff, et al. Paperback (March 1997)

Our Price:\$15.16
You Save: \$3.79 (20%)

Usually ships in 24 hours
Average Customer Review: ★★★★★

10. [What You Can Change... and What You Can't : The Complete Guide to Successful Self-Improvement : Learning to Accept Who You Are](#)
by Martin P. Seligman, Martin E. P. Seligman. Paperback (February 1995)

Our Price:\$9.60
You Save: \$2.40 (20%)

Usually ships in 2-3 days
Average Customer Review: ★★★★★

Mod 5 B
Sample Problems for Problem Solving Techniques

1. Julia asks to spend the night with a friend, you agree. An emergency comes up and you call to get her and she is not there. What would you do? (Problem – Child has lied).
2. You are cleaning Jose's bedroom, you find a bottle of Tequilla under the bed. What would you do? (Problem - You think your child is drinking).
3. Your daughter Renee is fighting with her best friend and they are not speaking, what would you do? (Problem - Does your child have problem solving skills for this situation?)
4. Your son Billy is arrested for possession of marijuana. What would you do? (Problem – Break of trust within the family value system).