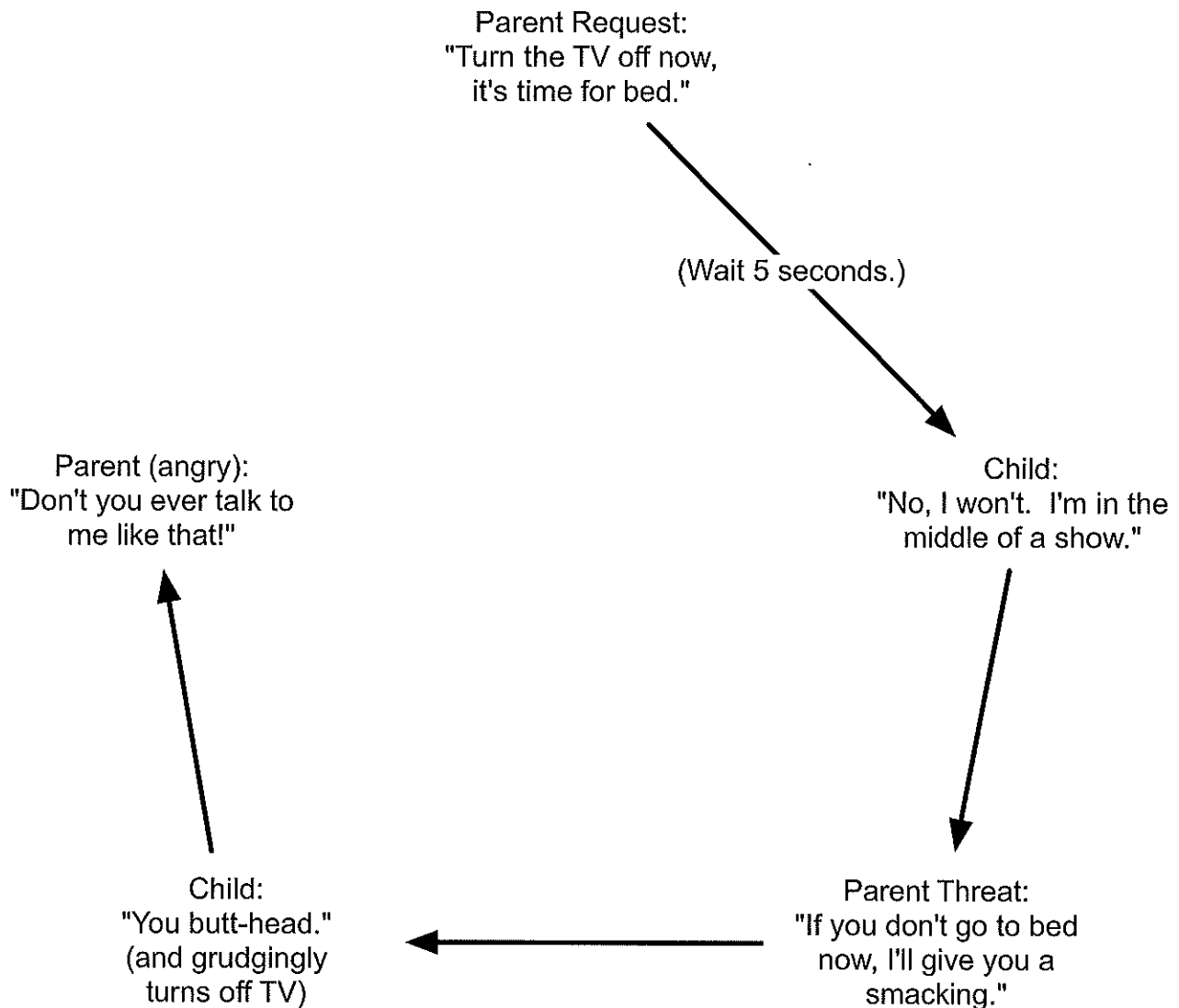


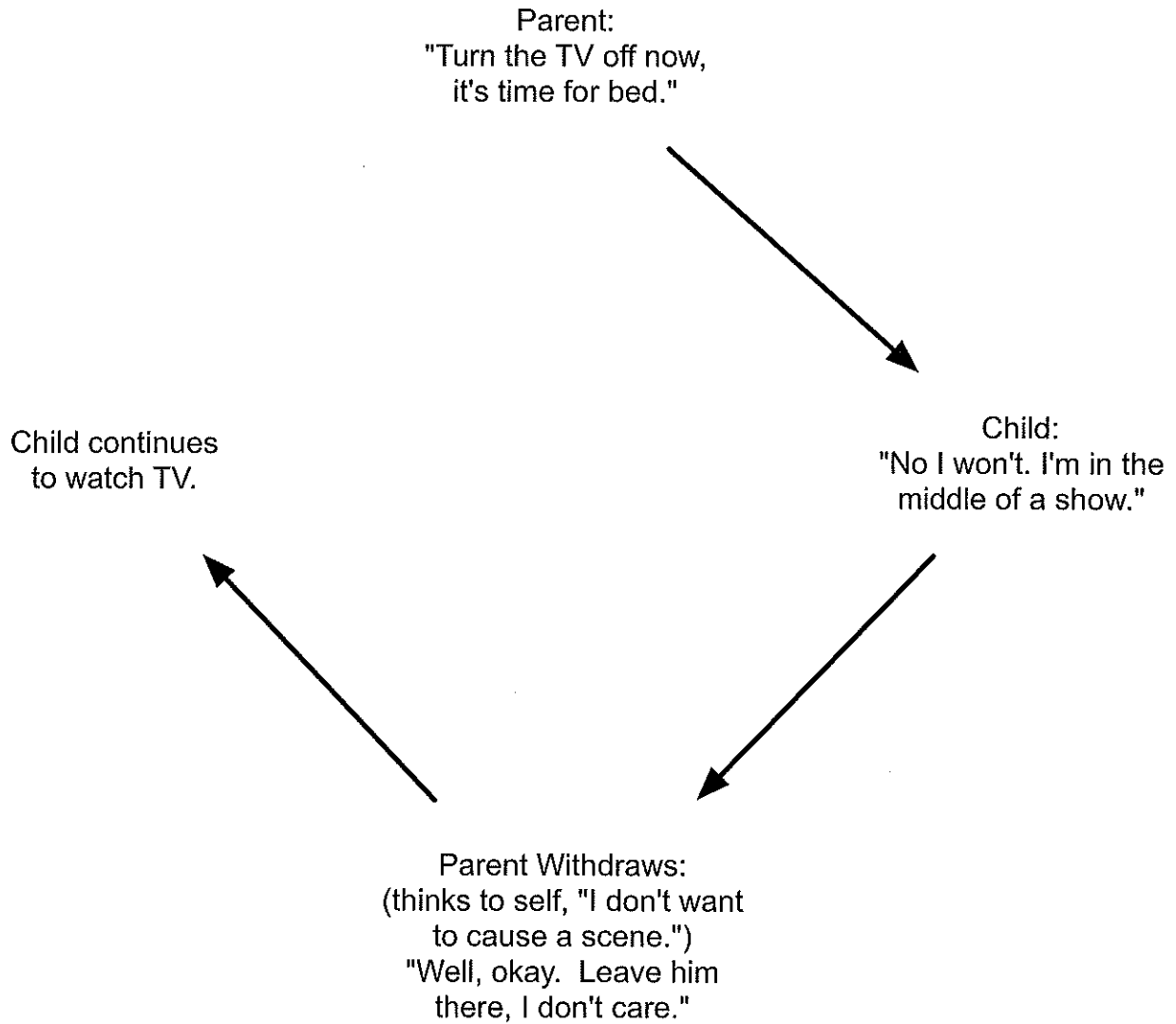
*Scenario #1*

***Anger Trap:  
Who Is Reinforced for What Behavior?***



*Scenario #2*

***Avoidance Trap:  
Who Is Reinforced for What Behavior?***



## Brainstorm

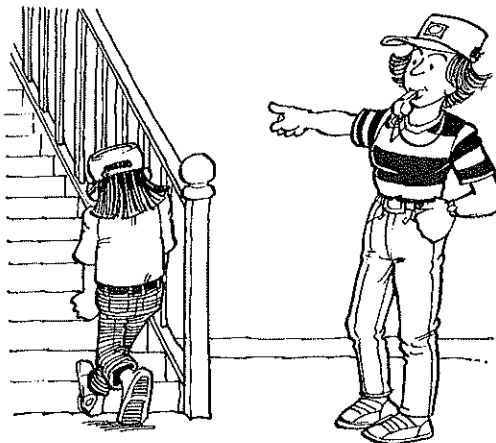
It is important to think about what behaviors will result in Time Out ahead of time. That way, when the behavior occurs, you are prepared to follow through with the Time Out. It is also important for children to know which behaviors will result in Time Out. Try brainstorming some of these here:



### ***Behaviors Appropriate for Time Out to Calm Down***

*e.g., hitting others*

Be sure to define what you mean by hitting. Redirection and distractions usually work to separate children and get them focused on something else. However, violent and hurtful hitting should have immediate removal of child to a Time Out spot where s/he cannot hurt another child. Remember to practice in advance how to calm down in Time Out by taking deep breaths and telling yourself, "I can do it, I can calm down."






## **Brainstorm**

### ***Pros and Cons of Time Out to Calm Down***

Think about the advantages to Time Out and write them down on your notepad.  
List the disadvantages.

#### **Time Out to Calm Down**

<p>Advantages</p> 
<p>Disadvantages</p>

## **Considerations**

### ***Thinking About Time Out Advantages and Disadvantages***

Look at the lists and notice who the advantages are to and who experiences the disadvantages (child or parent). Also look at whether the disadvantages are short term or long term for you or your child.

# Brainstorm



Think about ways to stay calm, assertive and patient when using Time Out.

Practice challenging negative self-talk and substituting positive self-talk and coping statements. On your notepad, write down some self-talk that you can use when you feel anger mounting.

## Positive Self-Talk



*I can handle this...*

*I can control my anger...*

*I will take a brief Time Out myself...*



Challenge irrational thoughts



## Brainstorm

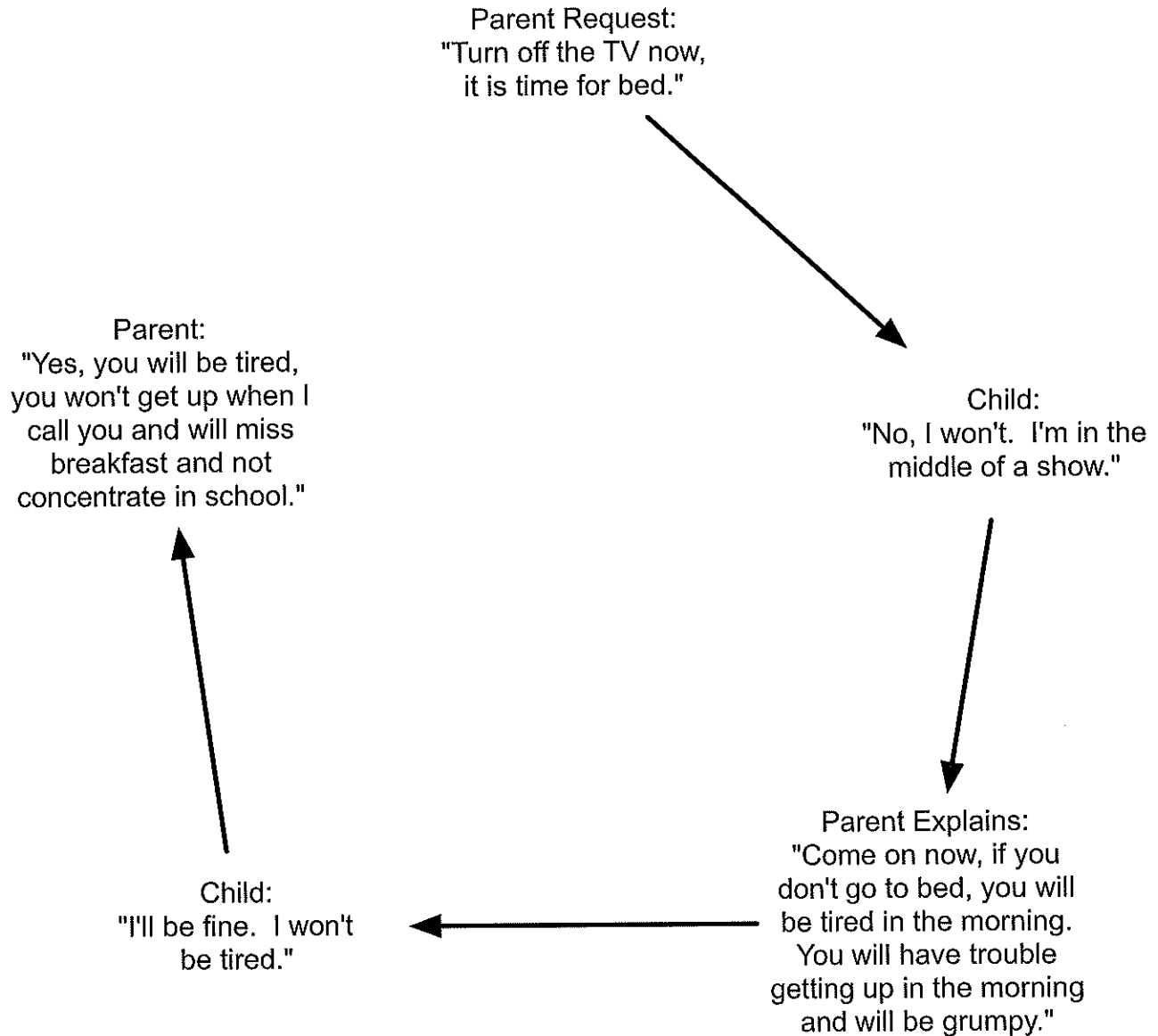
What emotional responses do you experience when using Time Out? Parents often have trouble controlling their anger when dealing with a child's aggression or oppositional behavior, and find it hard not to criticize the child. This emotional involvement can make it difficult to ignore your child's arguments or to praise compliance when it finally does occur. What strategies could you use to stay calm? Write them on your notepad.

My emotional responses when giving Time Out	Strategies to stay calm



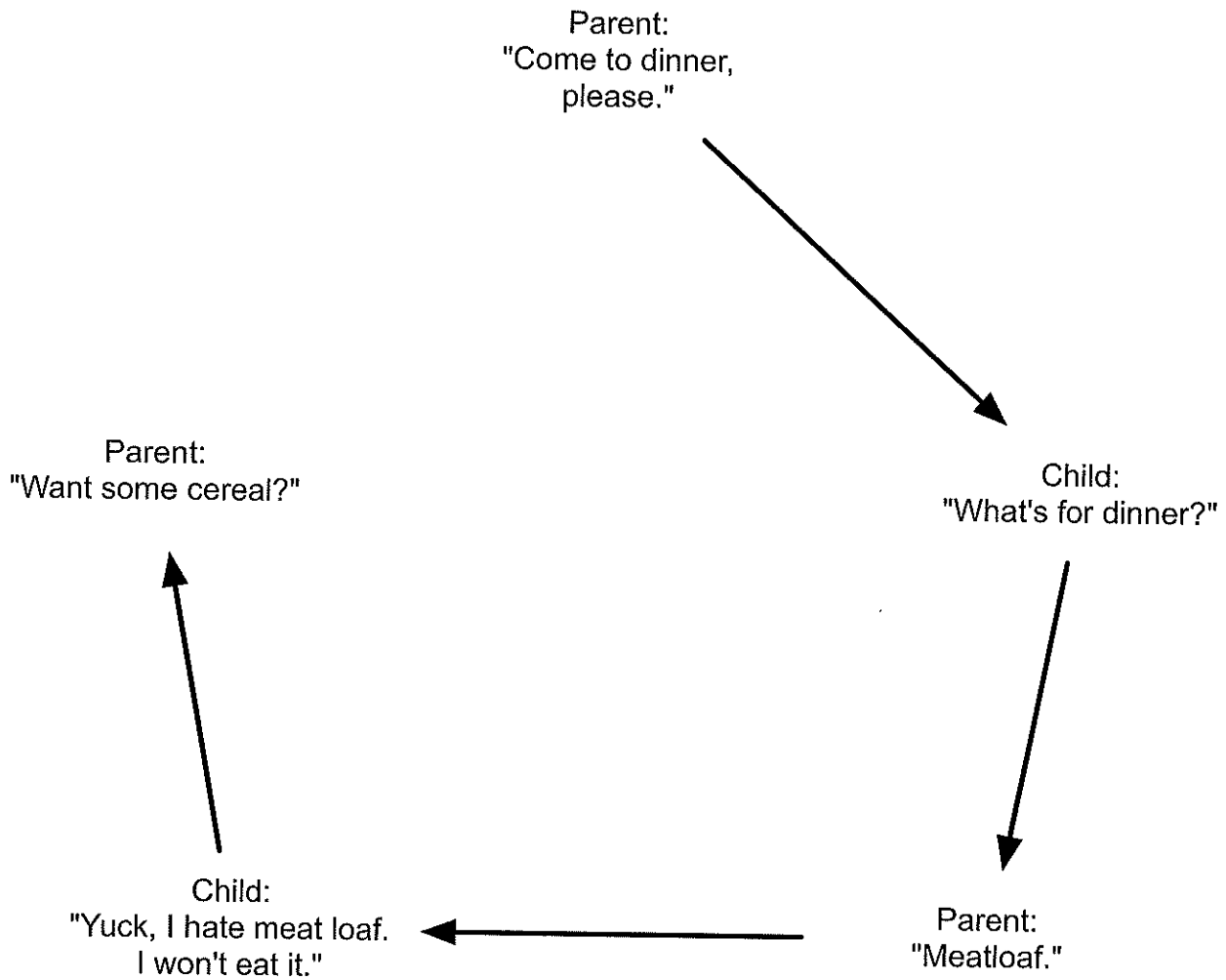
*Scenario #3*

***Justification Trap:  
Who Gets Reinforced for What Behavior?***



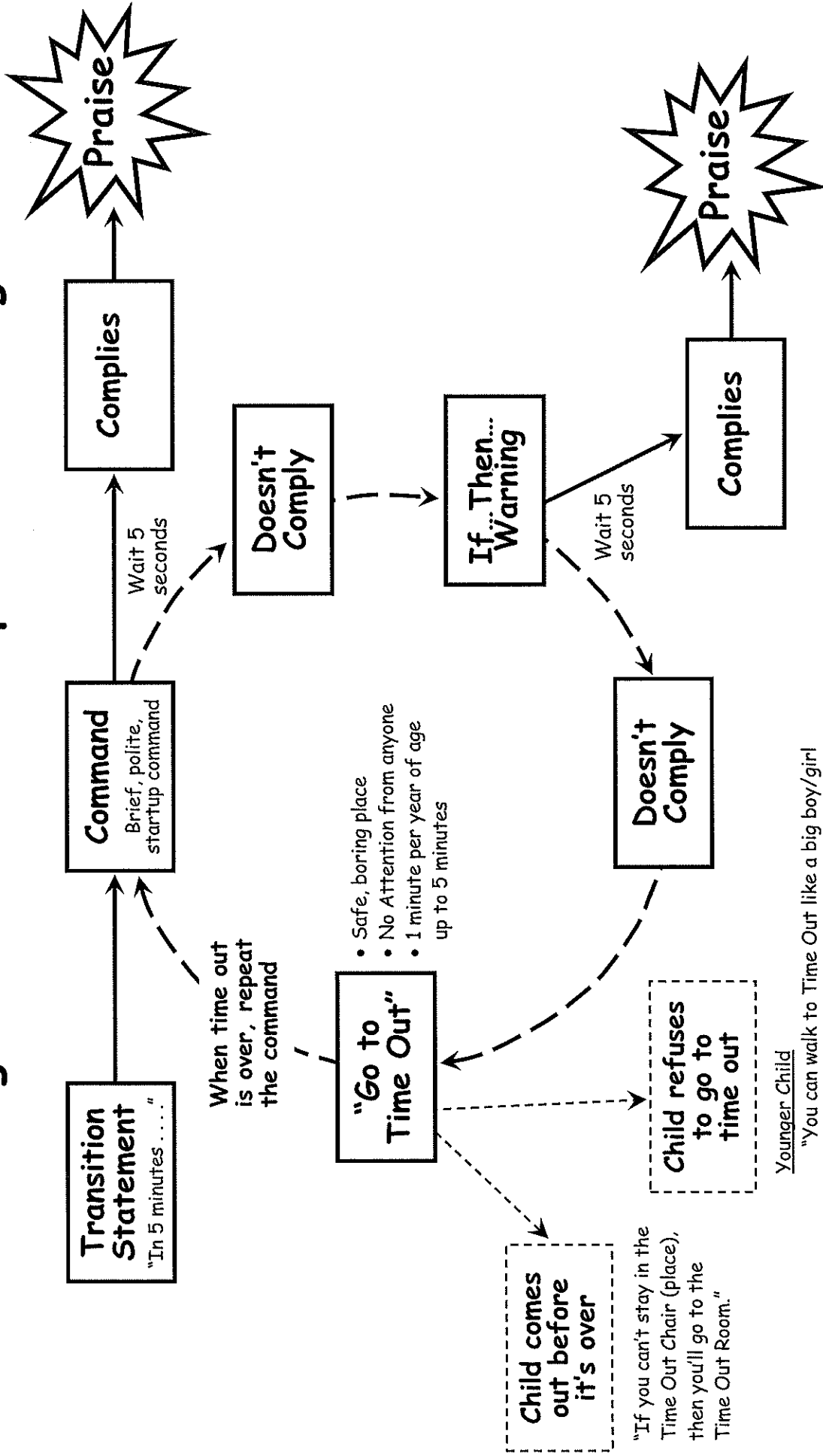
*Scenario #4*

***Giving In Trap:  
Who Is Reinforced for What Behavior?***





# Using Time Out for Compliance Training



Younger Child

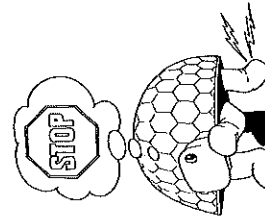
"You can walk to Time Out like a big boy/girl or I'll take you there."

Older Child

- Add 1 minute at a time, up to 9 minutes.
- At 9 minutes, take away a privilege.

### ***Points to Remember about Teaching Children to Manage Their Anger***

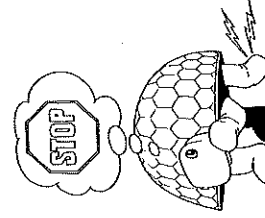
- Notice when your child is starting to get frustrated and angry.
- Encourage your child to talk about his or her feelings.
- Cue your child by saying, "Tell yourself to STOP, calm down, and take three big breaths."
- Encourage your child to use positive self-talk by saying, "Tell yourself, 'I can calm down; I can handle this,'" or "Everyone makes mistakes; with practice I can do it."
- Praise your child's self-control and appropriate expression of feelings whenever you notice it.
- Model self-control and appropriate feeling talk.



©The Incredible Years®

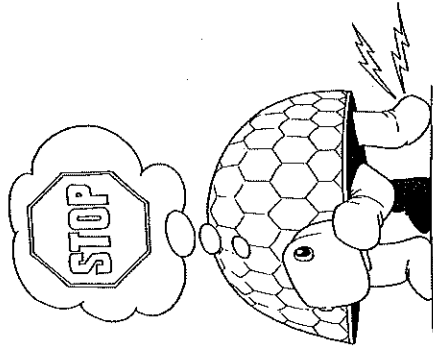
### ***Points to Remember about Teaching Children to Manage Their Anger***

- Notice when your child is starting to get frustrated and angry.
- Encourage your child to talk about his or her feelings.
- Cue your child by saying, "Tell yourself to STOP, calm down, and take three big breaths."
- Encourage your child to use positive self-talk by saying, "Tell yourself, 'I can calm down; I can handle this,'" or "Everyone makes mistakes; with practice I can do it."
- Praise your child's self-control and appropriate expression of feelings whenever you notice it.
- Model self-control and appropriate feeling talk.

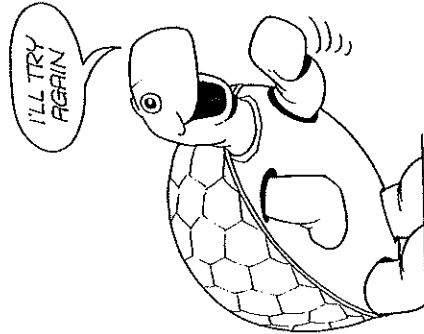


©The Incredible Years®

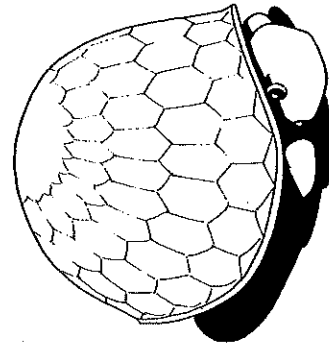
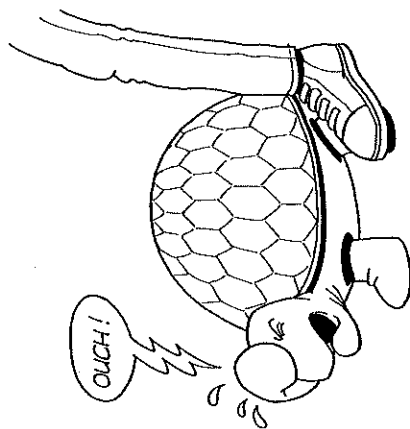
# Tiny's Anger Management Steps



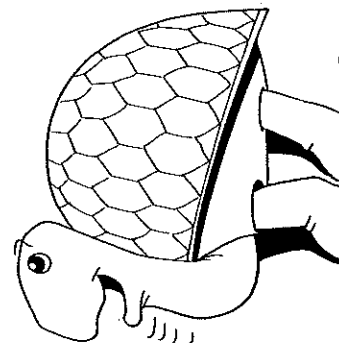
2 Think STOP



4 Withdrawing into shell



3 Take a slow breath



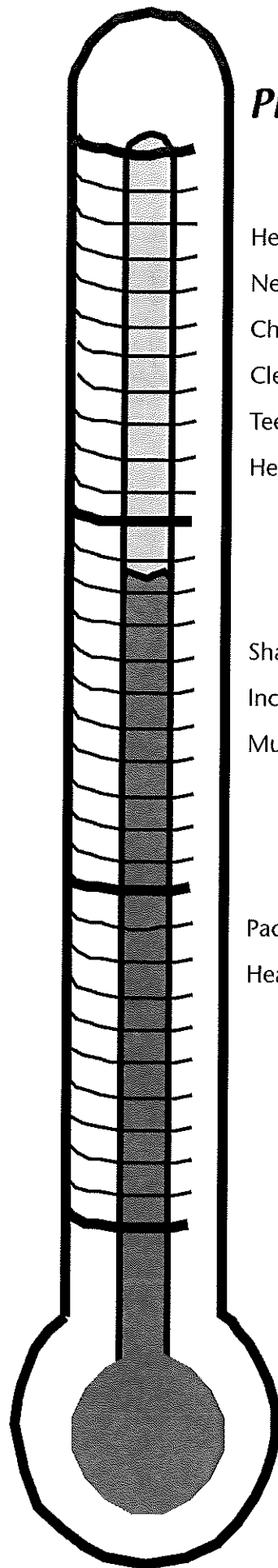
## Feelings

Furious  
Contemptuous  
Angry

Defensive  
Guilt  
Withdrawn  
Frustrated  
Depression

Irritated  
Anxious  
Worried

Alert/Interested  
Receptive/Open to  
Influence/Flexible  
Calm  
Happy  
Confident  
Content  
Loving/Affectionate



## Physiological Signs

Heart racing  
Neck muscles tight  
Chest Tight  
Clenched fists  
Teeth clenched  
Headache

Shallow rapid breathing  
Increased perspiration  
Muscles tense

Pacing  
Headache developing

## Behaviors

Yelling  
Hitting

Threatening  
Withdrawing  
Stonewalling

Criticizing

Difficulty listening  
Thinking narrow  
Less open to new ideas

Calm  
Pleasant  
Able to problem-solve  
Able to listen

## Feelings

Furious

Contemptuous

Angry

Defensive

Guilt

Withdrawn

Frustrated

Depression

Irritated

Anxious

Worried

Alert/Interested

Receptive/Open to

Influence/Flexible

Calm

Happy

Confident

Content

Loving/Affectionate

## Self-Talk

I'm so mad I could hurt...

S/he deserves to be...

S/he is no good/rotten.

What did I do to deserve...

It's not my fault; it's his/hers.

S/he's just like...

I was never like this.

I think s/he'll end up in jail.

I don't have time to deal with this.

I'm a bad parent (partner). I'm hopeless

Why me? This is too stressful.

It's not working to stay calm.

It's useless...

There's no point in doing anything for him/her.

It never helps.

No matter what I do, nothing changes.

S/he just throws it back at me.

I deserve this for what I did when...

My parents told me I was...(a criticism)

What's going to happen when s/he's a teenager?

I'm getting stressed; I need to take a personal Time Out.

Maybe this is too much for me to handle.

Maybe I'm not a good parent/spouse.

I'm not sure I can do this.

When change occurs, it's supposed to get worse  
before it gets better.

I can make a difference to our future.

Stress is a normal part of any relationship.

This stage won't last forever. Things will get better.

I can handle this; I can control my anger.

I can teach him to...

Problems occur so we can all learn to manage conflict.

I can talk to him about...and come up with some solutions.

We'll manage; we all need learning trials.

Everyone makes mistakes.

I can help by...

His/her positive qualities are...

I'm a caring parent/partner because I'm trying by...

I stay calm most of the time.

I enjoy being with him/her, especially when we...

I love (appreciate)...

