

# Session 1 Worksheet: Problem Response Types

Be mindful of types of responses you have when problems arise this week. Use this worksheet to reflect on how you responded to 1-2 problems.

## ***SITUATION 1***

Describe the problem that occurred


What type of response did you have?


Why do you think you responded that way?


How did your child react to that response type?


How did your type of response impact the problem?


How did you feel about the situation afterwards?


How did your child feel about the situation afterwards?


**SITUATION 2**

Describe the problem that occurred

What type of response did you have?

Why do you think you responded that way?

How did your child react to that response type?

How did your type of response impact the problem?

How did you feel about the situation afterwards?

How did your child feel about the situation afterwards?

**FINAL REFLECTION**

Describe any insights you have gained from being mindful of your response style?