## **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?
Thow the your crime react to that response type:
How did your type of response impact the problem?
Thew are your cype or 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
Describe the problem that occurred
What type of response did you have?
Third type of responds that you make.
Why do you think you responded that way?
How did your child react to that response type?
the contribution of consequent the contribution
How did your type of response impact the problem?
How did you feel about the situation afterwards?
Tiow did you reel about the situation afterwards:
How did your child feel about the situation afterwards?
, and the second se
FINAL REFLECTION
Describe any insights you have gained from being mindful of your response style?
being minaral response style.