

## **Key Phrases**

### **In response to early stages of anger**

Losing your temper will not get you what you want  
Think for a minute.  
How will it work out if . . .  
What do you think will happen?  
Have you thought this through?  
Whoa, whoa, whoa  
Do you realize?  
Think for a second  
We know where this is headed  
Is this your best approach?  
This will not end well.  
Please don't let anger cost you  
It will work out, please just go calm down  
You're not in trouble yet, but you will be if you don't leave the scene  
Your anger has taken over so I am taking over

### **Interruptions Transitions**

I'm sorry to interrupt.  
Sorry buddy, but you are at the stopping point.  
Are you going to keep your word/promise/agreement or not?  
The sooner you stop, the sooner you will be able to start

### **Expectations/Task Resistance**

Good luck with that  
I'll let it go for now, but there will be a lesson learned later  
Do it now so you don't forget later.  
You won't get your way if you don't do what I say  
If you don't understand "why" you should write down the reasons.  
Don't worry we can practice this later (at a more strategic time for the parent)  
I'm not going to fight to get you to do what's right  
Is this your final answer?  
We are at the fork in the road, time to take it  
Are you going to listen or not?  
If its that hard to do we can practice later  
Homework or housework  
"Can you keep your promises or not?"  
I will not fight with a 9 year old  
This is a matter of being (Kind, Helpful, Responsible, Respectful)

*The Children's Program, P.C., retains the rights for reproduction of this document. Do not copy in whole or in part in any form. Additional copies are available by request from The Children's Program, P.C.*

Are you going to do the right thing or not?  
If you don't do it now, you are telling me no  
I am not going to fight to have you do what is right  
Is this your final answer?  
Have you really thought this through?  
Think for a minute  
What do you think will happen?  
This is your responsibility, are you going to take care of it or not?  
I'm expecting your help, are you going to be helpful or not?  
This is the kind thing to do, are you going to share with your brother or not?  
It's now or "no."  
Never mind  
I've said it once, I am not going to say it a third time

### **Navigating Requests and Other Disappointments**

We can work this out; lets come up with a plan.  
How would this work?  
Tell me what you are thinking?  
If you're willing to put in some effort we make this work.  
You can get what you are asking for if you are willing to wait.  
Please, please, please don't let anger turn this yes into a no.  
I see where you are coming from.  
I'm trying to be the brick path, not the brick wall  
You scratch my back; I will scratch yours

### **Addressing Unfairness**

It might be unfair, but why does this matter?  
What's not fair about it?  
It's not unfair; it's just not what you want.  
It does seem unfair, let's figure it out  
Its not unfair, its just uneven  
Don't need to treat all the same, just right.  
It seems unfair, but its mostly uneven  
It just impossible to treat everyone the same

### **Easing Frustration**

Lets push the pause button  
It worked I did it  
Just wait, deal with it later  
It isn't as bad as I think

Its not that big of a deal  
It's not there yet, but its getting better  
Its just a game  
It only seems hard because it will take awhile  
It is hard for now but it gets easier with practice  
It's a big deal now but it won't always be  
Never mind  
You're not in trouble now, but you will be if you don't calm down  
Help me understand  
Why does it matter?  
Stop Now and Later Comes Sooner

### **Handling Teasing and Other Provocations**

That makes no sense at all  
Why should I care what you so  
Oh that's a good one-that's the best you can do  
I don't what you have to say  
"So"