**HANDOUT**

**COUNTERMOVES FOR THE RULE, REWARDS, AND CONSEQUENCES**

|  |  |
| --- | --- |
| **Teen Classic Moves Around the Rule** | **Parent Button Buster Countermoves** |
| **Part 1: Delivery of the Rule** |
| Works Great – No Problem | Tone of Voice when Delivering the Rule? |
| Stubbornly states refusal to follow the rule |  |
| Throws parent off by saying the rule is stupid |  |
| Tries to renegotiate a part of the rule |  |
| Something else |  |
| **Teen Classic Moves Around the Rewards** | **Parent Button Buster Countermoves** |
| **Part 2: Delivery of the Rewards** |
| Works Great – No Problem | What time will you deliver the rewards? What will be your reminder?What praise words will you use? |
| Say “The reward is not good enough” |  |
| Tries to renegotiate for a different reward |  |
| Tells you “I don’t care” or “It’s babyish” |  |
| Something else |  |
| **Teen Classic Moves Around the****Consequences** | **Parent Button Buster Countermoves** |
| **Part 3: Delivery of the Consequences** |
| Works Great – No Problem | Tone of Voice?Plan to avoid Piling on? |
| Refuses to accept consequence or hand over item such as cell phone |  |
| Argues, yells back or swears |  |
| Walks off or ignores you |  |
| Something else |  |

This handout may be reproduced for use in the PLL Clinical Practice only and is not for sale or distribution.

Parenting with Love and Limits® [| www.gopll.com](http://www.gopll.com/) PLL Family Therapy: Coaching Manual #1 **217**