

SAMPLE COUNTERMOVES FOR THE RULE, REWARDS, AND CONSEQUENCES

Teen Classic Moves Around the Rule	Parent Button Buster Countermove
Part 1: Delivery of the Rule	
Works Great – No Problem	Tone of Voice when Delivering the Rule? – Firm like a lion
Stubbornly states refusal to follow the rule	▪ BB#4 Reflector “Nevertheless, the rule stands”
Throws parent off by saying the rule is stupid	▪ BB#1 Don’t take personally and think “I am strong” and, ▪ BB#4 “Regardless, this is the rule”
Tries to renegotiate a part of the rule	▪ BB#3 “Nice try but the rule still stands” and if needed, BB#2 Exit with “No more discussion”
Something else	▪ Will not happen
Teen Classic Moves Around the Rewards	Parent Button Buster Countermove
Part 2: Delivery of the Rewards	
Works Great – No Problem	What time will you deliver the rewards? – 9pm What will be your reminder? – Cell phone alarm What praise words will you use? – “Nice job”
Say “The reward is not good enough”	▪ BB#1 Think, “He’s trying to make me feel guilty”
Tries to renegotiate for a different reward	▪ BB#3 “No changes at this time”
Tells you “I don’t care” or “It’s babyish”	▪ BB#3 & #2 “Nevertheless you earned your reward” and immediately exit
Something else	▪ Will not happen
Teen Classic Moves Around the Consequences	Parent Button Buster Countermove
Part 3: Delivery of the Consequences	
Works Great – No Problem	Tone of Voice? – Firm Voice Plan to avoid Piling on? – use BB#2 immediately exit after giving a consequence
Refuses to accept consequence or hand over item such as cell phone	▪ BB#3 “You have 5 minutes to put the Cell phone on the table for when I return” and BB#2 exit immediately
Argues, yells back or swears	▪ BB#2 immediately exit
Walks off or ignores you	▪ BB#1 think, “He is trying to upset me”
Something else	▪ If he gets aggressive, will call coach to draft a No Aggression Contract

