

# SAMPLE COUNTERMOVES FOR THE TEEN BUTTON FILTERS

Classic buttons pushed around the Rule	Teen Button Filters
Parent nags and nags	<sup>n</sup> <b>Button Filter #4:</b> Use Secret Sign and say to mom “Thanks for the reminder” and then go do what parent is asking
Parent brings up the past	<sup>n</sup> <b>Button Filter #3:</b> Keep Things Short by not arguing with mom and remind self that it takes time for me to earn her trust back; also use Button Filter: Just Say Yes and immediately do what mom is asking if she is asking you to do something
Parent calls you names	<sup>n</sup> <b>Button Filter #2:</b> Just say yes by apologizing for not doing as asked and immediately doing what mom is asking you to do
Parent adds to the rule	<sup>n</sup> <b>Button Filter #3:</b> Stay Short and politely ask if mom will agree to discuss with the PLL Coach frst...but if not, immediately obey
Classic buttons pushed around Rewards	Teen Button Filters
Parent forgets to give you the reward	<sup>n</sup> Use the <i>Art of Negotiation</i> and politely ask, “Mom, do you think I followed the rule today and if so, is it possible for me to get the reward?”
Parent uses a “compliment sandwich”	<sup>n</sup> <b>Button Filter #5:</b> Do something wacky by miming eating a sandwich to respectfully remind mom she is giving you a compliment sandwich. (this is worked out with mom ahead of time)
Parent gives you an IOU instead of the reward	<sup>n</sup> Use the <i>Art of Negotiation</i> and politely ask mom when you will be able to cash in the IOU
Something else	<sup>n</sup> Will not happen
Classic buttons pushed around Consequences	Teen Button Filters
Parent loses their temper	<sup>n</sup> Use <b>Button Filter #1:</b> Exit and Wait and politely ask parent if you can leave for 5 minutes to cool down (pre-arranged with parent). Remember, to come back in 5 minutes as agreed.
Parent “Piles On”	<sup>n</sup> Use <b>Button Filter #2:</b> Just say yes and obey immediately. Remember that “when I obey, I will earn trust and our family will be less stressed out”
Parent uses labels and brings up the past	<sup>n</sup> Use <b>Button Filter #3:</b> Keep things Short and don’t get into an argument. Remember that it takes time for you to earn trust back
Something else	<sup>n</sup> Will not happen
Classic buttons pushed around Nurturance	Teen Button Filters
Parent forgets to give the Positive Teen Report	<sup>n</sup> Give a <i>Positive Parent Report</i> to show your love and appreciation for your parent
Parent gets mad about something and backs out of a special outing	<sup>n</sup> Use <b>Button Filter #3:</b> Keep Things Short and apologize to mom for disappointing her and say “you will do better next time”
Something else	<sup>n</sup> Will not happen

