

## Exercise #11.1

Read the following situations and list the skills that you could use to address the behaviors described in each example.

1. When your 15 year old daughter comes home from school, she starts yelling and swearing at her younger sister because she borrowed her sweater without permission.

---

---

---

2. You discover a notice in the mail from the local police department to collect past due speeding tickets from your 17 year old son. He does not have a car, nor is he allowed to use yours.

---

---

---

3. When it comes time for your 7 year old son to do his chores, he kicks and screams while laying on the floor. This lasts for up to an hour or until you give up.

---

---

---

4. Your 16 year old daughter struggled with school attendance the previous year. Her attendance was so bad that she was referred to another school. Now it is a new school year, and your daughter swears that she has changed.

---

---

---