

Training:

In the following, different examples of destructive messages are shown. Observe your communicative behavior daily for a week. Each time you use one of the following expressions when talking with your child draw a line just behind this sentence.

Commanding, ordering

- You have to...
- Come on, get ready...
- Say hello...
- Do behave...

Scolding, admonishing, threatening

- You always do...
- You never do...
- If you don't..., then...
- When do you finally...
- How often do I have to tell you that...

Moralizing

- We would have been so proud of you, but now we are disappointed, because you didn't...
- Mommy is really sad because you are so nasty.
- There are thousands of hungry children who would like to eat this.
- Once a liar, always a liar...

Giving advice and comparing

- If I were you, I would...
- The parents of other kids would...
- Your sister always tidies up her room.
- Everybody agrees to this. But you...