

6

Ways To Avoid Power Struggles



1 Controlled Choices

Offering controlled choices enables the individual to take part in the decision making process. Ex. Chores may be non-negotiable but you could offer "Would you like to take out the trash or do the dishes?"



OR



2 Use Positive and Appreciative Language



Instead of giving demands and saying "You need to get to started..." try a statement such as "I'd love to help you get started, could I do that please?" Let them know you appreciate the opportunity to support them.

3 Accept an Attempt

Recognize an attempt to engage in the desired behavior. It is ok to reward or praise that attempt. Even though it is not the goal you can always reward and praise closer and closer attempts to the ultimate goal.



4 Don't Sweat the Small Stuff



No Pencil? No Paper? No Problem! Come prepared to offer up resources like pencils and paper. It's not worth the power struggle of chastising for something small. If we can provide materials and they can do the work, everyone wins.

Choose your battles.

5 Compromise

Develop and enact a plan that allows everyone to meet in the middle



6 Disengage



If all else fails...disengage. Neutrally pause the discussion and let the individual know you can revisit the discussion at a later date and time.

