

# ACT Method Worksheet

Problem #1:

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Write what you'll say for each of the 3 steps of the ACT method:

Step 1: A (Accept your child's wishes or feelings)

"I know you like to" or " I know you feel

"

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Step 2: C (Communicate the rule)

"But

"

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Step 3: T (Target a positive choice)

"How about

"

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Problem #2:

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Step 1: A (Accept your child's wishes or feelings)

"I know you like to" or " I know you feel

"

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Step 2: C (Communicate the rule)

"But

"

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Step 3: T (Target a positive choice)

"How about

"

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