



Consider the following two scenarios:

Scenario One

- A =** Daughter comes home late and obviously intoxicated.
(Activating event)
- B =** “She obviously doesn’t care about me or she wouldn’t behave this way!”
(Beliefs / perceptions)
- C =** You feel very distressed and angry. You go on the attack, accusing her of being selfish, disrespectful, messing up her life, etc. You end up having an argument. The whole household is disturbed, tensions escalate and everyone feels stressed.
(Consequences)

Scenario Two

- A =** Daughter comes home late and obviously intoxicated.
(Activating event)
- B =** ??????????????????????
(Beliefs / perceptions)
- C =** You calmly say to your daughter: “I don’t like spending time with you when you’ve been using. I’m happy to talk to you tomorrow when you are straight. I’m going to bed now.” Then you go to bed, read, practice a relaxation technique. Tensions deescalate. You and the household feel calmer.
(Consequences)

In Scenario Two above, how could you change the beliefs/perceptions from Scenario One to lead to the consequences in Scenario Two? (Brainstorm)

“Nobody can hurt me without my permission.”
~Mahatma Gandhi

