

Different children respond differently to the same words. Below you'll find some typical responses from "children" who have completed this exercise.

**1. Blaming and Accusing.**

"I'm really bad"...."There must be something wrong with me"...."I'll tell her John messed it up"...."Being tidy is more important than being me"...."I'm shrinking"...."I want to call her stupid"....."I hate her"...."You say I never listen, so I won't"...."There she goes again"....

**2. Name Calling**

"She's right I am disgusting"....."Why even try? I'm a slowcoach"...."I'll show her. Next time I'll really make no effort"...."Ho, hum, there she goes again"..... "I hate her".

**3. Threats**

"I'll go on the computer when she's not looking"...."I'm frightened"...."I want to cry"....."Leave me alone".

**4. Commands**

"Just try and make me"....."I'm not moving"....."I'm scared"....."I hate his guts"...."Whatever I do I can't win"...."I wish I was from a different family"...."I'm so unimportant"...."I feel very small"...."You gonna make me?"

**5. Lecturing and Moralising**

"Yak, yak, yak.....there she goes again"...."Who's even listening?"...."I'm so stupid"...."I'm worthless"....."I want to get away from here"....."Boring, boring, boring"....."I CAN'T HEAR you".

**6. Warnings**

"The world is scary, dangerous"...."How will I ever manage by myself?"...."Whatever I do, I'll be in trouble".

**7. Martyrdom Statements**

"I feel really guilty"...."I'm scared. She'll die and it'll be my fault"...."Who even cares?"...."Oh here we go again"...."Well go on then, just die".

## 8. Comparisons

"She likes everyone better than me"....."I hate my sister"...."I feel like a failure"...."I hate Peter"....."I'm such a disappointment to her"...."She really wishes she didn't have me".

## 9. Sarcasm

"I don't like being made fun of. He's mean"..."I'm confused"...."I feel humiliated"...."I'll get back at her"....."I'm boiling with resentment"...."Why do I bother?"

## 10. Prophecy

"What if she's right?"...."I'm a really bad person, I'll never amount to anything"...."No-one will ever like me"...."I can too be trusted; I'll prove him wrong"...."I give up"...."It's no use trying"...."I'm doomed".

If adults can experience feelings like these from reading words on a page, what might real children feel?

Are there alternative ways to engage children's cooperation without compromising their self-esteem and stirring up such an amount of bad feeling?

What if there were more effective methods that were also less exhausting for parents to use?

Thankfully, there are.

In my download on Ending Power Struggles and Engaging Cooperation you can learn five parenting skills that are far more effective at fostering children's natural desire to cooperate. Not all of them will be effective with every child. They might not all suit your personality. And there most certainly isn't any one of them that will be effective all the time.

What they will do however, is generate a climate of respect in your home, in which the spirit of cooperation will begin to grow.