

DVD Worksheet Key

Who Is in Control?

When we are in control of ourselves, we are able to act civilly and correctly. Anger is normally expressed when we are out of control. You can teach your child self-control simply by not becoming angry, or by dealing with it correctly if you do.



Anger can bring negative consequences, such as angry children or children who don't feel secure.

Some of these questions do not require a written answer. They will be discussed after the DVD. These will have a (*) at the beginning of the question. For others you will fill in the information from the DVD. Fill in the written questions as you listen but don't worry if you don't get all of them. Your client advocate will go over this sheet with you. Don't be afraid to ask questions and to discuss your points of view. This is how we learn.

1. True or False: Anger is often used as a tool to get kids to obey, and it works. **False**
2. The most common error made by parents in disciplining their children is the inappropriate use of **anger** to discipline.
3. * ***Let's talk about the first cartoon with Bobby and his mom. Why didn't Bobby respond the first time he was asked?***

Because his mother didn't really mean what she was saying. He knew that she was only beginning the nightly routine of asking, reminding, asking again, getting mad, and then really yelling.

4. What finally got Bobby moving?

When his mom started yelling angrily

5. * ***In the second cartoon, what did the mom do to help Bobby right before his time to take a bath?***

She set a timer, which let Bobby know that he only had a few more minutes.

6. Anger undermines (takes away from) your **authority** because it shows you are the one **out of control**.
7. * ***How does Dr. Dobson's story about the policeman apply to a parent disciplining a child?***

Without any ability to give consequences, the policeman just yelled and screamed and no one listened. A parent who doesn't give consequences just yells and screams, but the child doesn't listen or respond. When the policeman had the ability to give a ticket (consequences), then people responded by obeying the law—or paying the consequences.

8. Your child needs to understand that with **disobedience** comes consequences.

