

The PDF for each session contains a Listening Sheet that should be filled out as husband and wife listen to the session. After listening to the session together, the husband and wife should then separately write out the answers to the discussion questions, and then discuss their answers with each other. If you are single, you can write the answers out and then discuss them with your pastor. After each session ask yourself these two important questions. How can I implement these things in my life? What one thing can I do THIS WEEK to achieve this goal?

### **Listening Sheet—Part Fourteen—Assessing Behavior to Change**

Define the \_\_\_\_\_. Write it down.

Ask yourself: \_\_\_\_\_ is my child doing or not doing? \_\_\_\_\_ does it happen? \_\_\_\_\_ leads up to the behavior? What can I \_\_\_\_\_? What can I do in \_\_\_\_\_ to it?

Ask yourself: Is it really a \_\_\_\_\_? Am I being too picky or expecting too much of my child (considering their age)?

Ask yourself: Is it \_\_\_\_\_ or \_\_\_\_\_? Is it caused by a lack of \_\_\_\_\_? Is it worth the \_\_\_\_\_ to change this?

Ask yourself: Is it a \_\_\_\_\_ stage? It might be a behavior that will change as they develop and mature.

Ask yourself: What \_\_\_\_\_ of problem is it? Is this a behavior I want them to \_\_\_\_\_ or to \_\_\_\_\_?

Everything that needs to be \_\_\_\_\_ will have a right behavior that needs to be \_\_\_\_\_.

### **Questions—Part Fourteen—Assessing Behavior to Change**

1. Why is it important to define the problem and write it down?
2. Why is it important to only pick on one or two issues at a time?
3. What would be a problem caused by lack of development? Is there anything you can do to change that?
4. As you assess your child's behavior this week, ask yourself these questions. Try to find one area that you need to work on with your child. Write down the problem and a plan of action to help your child change that behavior.

