

CONSISTENCY PITFALLS HANDOUT

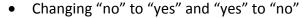
© 2006-2011 Savannah Family Institute, Inc. All rights reserved. With the exceptions noted below, no part of these handouts may be reproduced or transmitted in any form without written permission from Savannah Family Institute.

LIMITED PHOTOCOPY LICENSE

Savannah Family Institute, Inc. grants to individual participants of this workshop non-assignable permission to reproduce pages of these handouts for personal use in clinical practice and not for resale or redistribution. These materials are intended for use only by qualified mental health professionals. This license is limited to the individual participant and does not extend to others. The license does not grant the right to reproduce these materials for other purposes (including but not limited to books, pamphlets, articles, video or audio tapes, handouts or slides for lectures or workshops.) Permission to reproduce these materials for these and any other purposes must be obtained in writing from Savannah Family Institute, Inc.

Consistency Pitfalls

- Empty Statements
 - Threats you can't or wouldn't carry out
- Overstatements
 - o "You're grounded for six months!"



- o Don't let circumstances cause you to change the contract
- Not checking on behavior
 - o Don't punish if you didn't monitor
 - Never expect what you don't inspect
- Lack of unified parental voice
 - o Parents must be on the same parenting page
- Different reactions to the same behavior
 - Don't let your mood dictate your responses

The Golden Rule

Don't say anything that you can't do or will not do, and do everything you say you are going to do.

(The more you follow this golden rule, the less you will need to actually punish)

