

Module 4-PACK-Teen Parent Handout #16

Sample Problem Solving Together (PST) Scenario

The problem: *Your older daughter Laura, aged 13 years, has been insulting and threatening your younger daughter Emily, aged 5 years:*

Mother: *I've noticed Emily has really been on your nerves a lot lately.*

Laura: *Yeah. She is an annoying little brat and won't leave me alone.*

Mother: *Sounds like you've had it with Emily.*

Laura: *Well how would you like it if she followed you around all day and constantly took your stuff?!*

Mother: *So you feel as though she won't respect your privacy and your things.*

Laura: *Exactly—she's so spoiled and gets away with murder! I can't stand her. I wish I was an only child!*

Mother: *It sounds like you've had it with Emily. I can see you really just want her to leave you, your room and your things alone.*

Laura: *Plus she also deliberately mimics everything I say and do. I hate that. Why can't she get her own personality?*

Mother: *So you also want her to stop imitating you and do her own thing. I can see your points and get why you're so frustrated. However, I get upset when one person I love says hurtful things to another person I love. I don't want to see anyone I love get their feelings hurt. Plus I'd like this family to work out their differences in a more positive way.*

Laura: *She deserves it. She brings it on herself. I warn her, but she doesn't listen!*

Mother: *So you've been trying to give her warnings, but she hasn't been listening. I hear how much she annoys you and agree that her behaviors have contributed to the problem. I'd like us to work out other ways of dealing with Emily, that won't leave her feeling put down. Let's put our heads together and see what we can come up with, so that she'll leave you alone, and you won't get so frustrated that you resort to yelling. What ideas do you have?*

Laura: *Give her up for adoption.*

Mother: *That's one idea—I'm writing it down. What else?*

Laura: *I could lock my door.*

Mother: *Okay, that's another option. Anything else?*

Laura: *I could lock up or hide my stuff that I don't want her to touch.*

Mother: *Do you have any things you don't mind her playing with?*

Laura: *A few. I could set up times to play with her, because I think what's really going on is just that she wants more of my attention.*

Mother: *We could set up rules about which things she can and cannot touch and certain times she's allowed to be in your room and other times she's not. We could even post a schedule on your door. Also, you could reward her by playing with her when she respects your property and privacy. If she violates the contract, then play times with you could get revoked.*

Laura: *Those are actually pretty good ideas. I'm going to write up a schedule and contract for her to sign. I can also come up with some things of mine that I wouldn't mind giving her, if she follows our agreement.*