

## Module 4-PACK-Teen Parent Handout #18

### Practice with Problem Solving Together (PST): The 5 D's

**Defuse:** Lower arousal; listen to your teen's thoughts and feelings.

Calm yourself, calm the teen, display empathy, and use mirroring.

Parent: \_\_\_\_\_

Teen: \_\_\_\_\_

Parent: \_\_\_\_\_

Teen: \_\_\_\_\_

Parent: \_\_\_\_\_

Teen: \_\_\_\_\_

Parent (sum up your teen's point of view):

\_\_\_\_\_

**Define:** Summarize their problem or "wish"; then add your worry or feelings and "wish."

After reiterating the teen's viewpoint, begin by stating "I hear you saying that. . . . However I am worried that. . ." or, "I understand you feel as though. . . . However, I get upset when. . ." Or, use assertiveness formula or "I statements." Express your feelings and state your concern without blaming or attacking. Keep this short!

Parent: \_\_\_\_\_

\_\_\_\_\_

**Da' Party:** Brainstorm solutions with the teen.

Encourage the teen to start by stating, "Let's put our heads together and figure out a way that we both can get what we want. "Play dumb" ("I just can't think of anything else," "I wonder what would work— . . .this is a toughie"), write down all ideas, and avoid commenting or critiquing until the end.

Parent: \_\_\_\_\_

Teen: \_\_\_\_\_

Parent: \_\_\_\_\_