

Teen: _____

Parent: _____

Teen: _____

Parent: _____

Decide: Discuss which ideas are best, pick one together, and make a plan to follow through and track progress. For recurrent, problematic behaviors, consider a written contract.

Parent: _____

Teen: _____

Parent: _____

Teen: _____

Parent: _____

Do It! Implement the plan, ensuring a mechanism for tracking its success.

Parent: _____

Teen: _____

Parent: _____

Teen: _____

Parent: _____

Possible next step (optional):

Write a contract

For recurrent, important problem behaviors or conflicts, you and your teen can write out a behavioral contract with target behaviors, a tracking system, and rewards.

Adapted with Permission from Cook, M. (2012). *Transforming Behavior: Training Parents and Kids Together*, Brookes Publishing, Baltimore, MD.