

Cooperation Busters

"O. S.P.L.A.T.T.!!":

Orders:

Examples: "Go and clean your room right this minute!" "Mow the lawn, now." "Take out the trash," "Feed the dog," "Do your homework."

Scoldings:

Examples: "I've told you a hundred times," "You need to stop acting like a baby," "You never listen!"

Put Downs:

Examples: "You are such an airhead!" "You are irresponsible ... lazy ... selfish ... (whatever...)"

Lectures:

Examples: "Do you understand how important it is to have nice manners? First impressions are important. If you want to be respected, you need to be polite and make a good impression. You'll never get a job if you can't learn how to act right."

Accusations:

Examples: "You never listen," "You are so careless," "How could you?" "If you only planned ahead..." "It's your own fault," "You should know better."

Threats:

Examples: "You hit your sister one more time and I'll give you a smack," "If I catch you lying again, you are grounded for life," "If you don't shape up, I'm sending you to military school (or to live with your Dad)."

"The Golden Rule:" "No Shame, No Blame, No Put Downs!"