



Power Struggle Chart

At times you may find yourself in a power struggle with your child. It happens to all of us. During these times, what is your typical reaction? Below is a chart to fill out when you are in a power struggle with your child. Write down the situation and what your response was. Then think about a fun or playful way you could get your child to do what you ask. If you need help thinking of playful ways, ask your clinician. They can help you find ways to make power struggles playful.

Situation	How I usually respond	Something fun or playful I can do instead