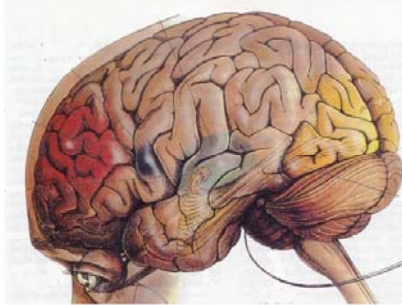


3. **Consistency** – Mature behavior – “Adult responses” – Predictable – Routine

Are we communicating from our Prefrontal Lobe?
(Adult, rational, logical – “Sit down, calm talks”)



Or, are we communicating from our Mid Brain?
(Emotional, reactive, childlike – “Yelling, raised voices”)

4. **Consequences** – Responding to them – Guiding them – Parenting them – Training them.

Positive Behavior = Positive Consequences
Negative Behavior = Negative Consequences
(**Must be Immediate!**)
Children live in Present Time)

Positive Consequences – your love and approval
Negative Consequences – your love and disapproval

For Strong-Willed Teens it is important that they receive concrete consequences.

Dr. Phil’s suggestion: “Remove all toys, computers, video games, TV, phones; remove the door to their room, put the mattress on the floor, and ground them. Do this for 7 days.”

Perhaps extreme but makes the point.