

#1-STOP THE FIGHT

Use this simple 3-step tool to stop power struggles, arguing, and disrespect.

Adapted from *Strategy 2: Button-Pushing — Why Your Teen Wins Arguments* in Dr. Scott Sells' book, *Parenting Your Out-of-Control Teenager*, pages 24–54.

Use this free tool when your teen is trying to pull you into a fight.

Remember this...

- ❖ You do not have to win the argument.
- ❖ You only have to stop feeding it and put out the fire before it starts.

1 Spot the Button	2 Pick a Button Buster	3 Use the Script + Practice
STEP 1 Spot the Button Check off the buttons your teen uses to hook you. ☐ Saying "whatever" ☐ Eye rolls or sarcasm ☐ "You never let me do anything" ☐ "I hate you" ☐ Swearing or name-calling ☐ Refusing what was asked ☐ Lying ☐ Threatening to leave/run away ☐ Other: _____	STEP 2 Pick One Button Buster A Button Buster is what you use instead of arguing back. Choose one move before you respond. 1. Don't Take It Personally This is a button. I do not have to take the bait. 2. Exit and Wait I can step away and come back when I am calmer. 3. Short and Steady I will say less, not more. This step gives you three Button Busters. For all 7 Button Busters, read Strategy 2: Button-Pushing in Dr. Scott Sells' book, <i>Parenting Your Out-of-Control Teenager</i>, pages 33–53.	STEP 3: SAY THE SCRIPT "I'm not going to argue. The rule stays as is. We can talk later when things are calmer." Then stop talking. Step away if needed.

+ PRACTICE BEFORE THE BLOWUP

The first time you use this should not be in the middle of a fight. Pick your words now.

My Biggest Button

The thing my teen does that gets me upset fastest is:

My Calm Line

Pick one line to practice:

- ☐ I'm not going to argue. The rule stays the same.
- ☐ We can talk later when things are calmer.
- ☐ I love you too much to fight like this.
- ☐ That's a bummer. The rule still stands.

My Exit Plan

If I feel myself getting heated, I will go here for 10 minutes:

- ☐ Bedroom
- ☐ Bathroom
- ☐ Porch
- ☐ Car
- ☐ Walk outside
- ☐ Other: _____

My One Support Person

If I need backup, I can contact:

Name: _____

Phone/Text: _____

REMEMBER

You don't have to win the argument.
You only have to stop feeding it.

Calm is not weakness.

Calm is leadership.



Want to go deeper?

Here are two simple next steps:

1. Learn It Yourself.

Read *Strategy 2, pages 24–54, in Parenting Your Out-of-Control Teenager*. Visit the **Book** page in the navigation bar at **ExtremeTeen.com**.

2. Get Coaching Help to Use It.

If you want a parent coach to help you apply this tool to your family, visit the **Parent Coaching** page in the navigation bar at **ExtremeTeen.com** and book a free 15 minute consultation call.