

#3 - NOTICE WHAT'S RIGHT

A 7-day reset for less negativity between you and your teen.

Adapted from Strategy 5: The Positive Teen Report (PTR) in Dr. Scott Sells' book, *Parenting Your Out-of-Control Teenager*, on pages 164–174.

7^{DAY}
RESET

✓
Notice one good thing

✓
Write it down

✓
Give it with warmth

Connection before correction

Use this free tool when negativity is high and **you want to rebuild or improve the nurturing side of your relationship**.

The goal is simple: for the next 7 days, **notice one thing your teen does right and write it down using what is called the Positive Teen Report or PTR**.

1	2	3
Spot the Good	Write the Note	Give It Daily

STEP 1

Spot One Good Thing Per Day

Look for one small moment you can honestly praise. It doesn't have to be perfect. It only has to be authentic. Pick one of the examples below or come up with your own.

- ☐ Stayed calm for a moment
- ☐ Did schoolwork or tried
- ☐ Helped without being asked
- ☐ Was kind to a sibling
- ☐ Followed one request

- ☐ Avoided an argument
- ☐ Used a respectful tone
- ☐ Owned a mistake
- ☐ Showed effort
- ☐ Other: _____

STEP 2

Write Out the Positive Teen Report

Use this simple formula:

- Today I noticed...
- This showed me that you are...
- I am proud of you because...
- Keep going. I see you.

STEP 3

Give One a Day for 7 Days

- Give one Positive Teen Report each day.
- Use a warm tone.
- Do not attach a lecture.
- Hand it to them and read it out loud slowly.
- Or be playful (hide it under pillow, in cereal box, tape it to their mirror, singing telegram).

Fill In Your Positive Teen Report (PTR)

Positive Teen Report

Dear _____,

Today I noticed that you: _____

This showed me that you are: ☐ Kind ☐ Strong ☐ Brave ☐ Helpful ☐ Trying ☐ Other:

I am proud of you because:

Keep going. I see you.

With love, _____ Date: _____

7-Day Positive Teen Reset Tracker

Tape to your mirror and track how you and/or your co-parent are doing. Consistency, not perfection.

Day	What I noticed	How I gave it (handed it to them was playful in my delivery, etc.)
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

REMEMBER

If it's working, keep going... Day 8, 9, 10 and beyond.

Fostering nurturance is a good thing.



Want to go deeper?

Read the book. Or if you want a parent coach to help you apply this tool, visit the **Parent Coaching** page in the navigation bar and book a free 15 minute consultation call.