

I know that I'm in "Basket B" when...

I **listen** to my child's concern **first**, before I put my own issues onto the table.

I **EMPATHIZE** first to decrease the beaker (I **reflect** or say "**I hear ya**", I ask "**what's up**", or I say "**I'm not saying you CAN'T _____**").

I **don't know** for sure what the solution is going to be yet.

As much as possible I try to get my **child to think about possible solutions**, so he or she will learn these skills for the future

We figure out a solution together; I may suggest solutions but I **don't play genius** for both of us!

The solution we decide on is **doable, realistic**, and **both** my child and I are **satisfied** our needs were met.