Antelope Springs
Basic Parenting
Session 2 Homework

1. **Basic**: Write a 1-3 page paper on your parenting style(s), including what you believe your strengths and weaknesses are. Please be concrete, specific and detailed.

2. **Moderate**: include above and then add: a 1-3 page paper on how your children belong, look at the types or styles of misbehavior, as well as how they spend their time, what seems to be important to them. You might want to refer to the handout on “Goals of Misbehavior” as a guide. Remember to look at and include your reactions to their misbehaviors, as a way to assess the underlying needs of the child.

3. **Challenging**: include all of the above and then add: a 1-3 page paper on your styles of “misbehavior”, paying particular attention to what you believe the needs are behind the behaviors. Address the issue of why those needs aren’t being met to the degree that you’d like. . . how much of you not getting your needs met is you blocking or feeling undeserving? In order to finish this paper, you’ll have to be very open and honest about your misbehavior patterns. Please do not shame yourself and spend time feeling badly, it will be more effective if you’ll be honest and detailed without getting down on yourself. Remember the point of the paper is to help you assess your underlying needs as well as get some practice at being able to look over the misbehaviors and directly identify the need(s).