



## The 9 Essential Skills

- 1. Neutralize Arguing
- 2. Delay the Consequences
- 3. Empathy
- 4. The Recovery Process
- 5. Develop Positive Relationships
- 6. Set Limits with Enforceable Statements
- 7. Use Choices to Prevent Power Struggles
- 8. Use Quick and Easy Interventions
- 9. Guide Kids to Own and Solve Their Problems



