

LOVE AND LOGIC® SOLUTIONS

What to Do When an Appropriate Consequence is Hard to Find

by Dr. Charles Fay

The “Energy Drain” approach was created to give adults a practical way of creating logical consequences that teach responsibility. Simply stated, the child (or teen) is required to replace energy “drained” from the adult by their misbehavior.

Step 1: Deliver a strong dose of sincere empathy.

This is so sad.

Step 2: Notify the youngster that their misbehavior drained your energy.

Oh sweetie. When you lie to me (or almost any other misbehavior) , it drains energy right out of me.

Step 3: Ask how he or she plans to replace the energy.

How are you planning to put that energy back?

Step 4: If you hear, “I don’t know,” offer some payback options.

*Some kids decide to do some of their mom’s chores? How would that work?
Some kids decide to hire and pay for a babysitter—so their parents can go out and relax. How would that work?*

Step 5: If the child completes the chores, thank them and don’t lecture

Thanks so much! I really appreciate it.

Step 6: If the child refuses or forgets, don’t warn or remind.

Remember: ACTIONS SPEAK
LOUDER THAN WORDS!

Step 7: As a last resort, go on strike OR sell a toy to pay for the drain.

What a bummer. I just don’t think I have the energy to take you to Silly Willie’s Fun Park this weekend.

OR...

What a bummer. You forgot to do those chores. No problem. I sold your Mutant Death Squad action figure to pay for a babysitter tonight.



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