

Parenting on Track: What Trips YOU Up Chart?

Directions: Look at the chart. See examples of what trips parents up and keeps them from parenting at their best. Then think about yourself. Fill in the chart with your own thoughts. Notice how OFTEN the goal of a situation does NOT match the goals you have set for your children. Over time, this is why you're not getting what you want!

What Trips You Up?	How Do You "Act" When Tripped Up?	Goal of Situation?	Ultimate Goal for Your Child / Children
EX: I want control	I nag, remind and yell	Get out the door	Be independent
Ex: I'm a Perfectionist	Micromanage, dictate	Get it done right	Be individuals
Ex: Too Nice	Nice, then "sting" with yelling and getting mad because they're taking advantage	Avoid conflict, make them "like" me	Stand up for themselves and be strong