

TALK IT OUT TIME!

When you are arguing or squabbling you will have a “Talk It Out Time!” at the steps or chair. Here you will sit side by side and you will go through these 3 steps.

WHAT HAPPENS AT “TALK IT OUT TIME!”

1. **Own up to what you did.** The oldest child goes first and admits what they did wrong. Use “I” statements. “I was laughing at you.” (If you can’t think of what you did then you need to ask for help.)
2. **How it made you feel.** The other child then shares how it made them feel. “When you were laughing at me it made me feel dumb and sad.”
3. **Apologize.** Oldest child apologizes first. A meaningful heartfelt apology has 3 important parts:
 1. **Acknowledge.** I apologize **for** laughing at you. (don’t just say I’m sorry.)
 2. **Empathize.** “I’m sorry for laughing at you, now I see that it made you feel sad.”
 3. **Make it right.** Think about what you will do so it won’t happen again or to make it right. Next time, I will.... You can’t say, “Next time, I won’t do it again.” But you can say, “I’m sorry for laughing at you, now I see it made you feel sad. Next time, I will think about how this made you feel.”
 4. **Ask for forgiveness.** Be specific--Will you forgive me for laughing at you?

Then you start with step #1 with next child involved.

TALK IT OUT TIME!

When you are arguing or squabbling you will have a “Talk It Out Time!” at the steps or chair. Here you will sit side by side and you will go through these 3 steps.

WHAT HAPPENS AT “TALK IT OUT TIME!”

1. **Own up to what you did.** The oldest child goes first and admits what they did wrong. Use “I” statements. “I was laughing at you.” (If you can’t think of what you did then you need to ask for help.)
2. **How it made you feel.** The other child then shares how it made them feel. “When you were laughing at me it made me feel dumb and sad.”
3. **Apologize.** Oldest child apologizes first. A meaningful heartfelt apology has 4 important parts:
 - a. **Acknowledge.** I apologize **for** laughing at you. (don’t just say I’m sorry.)
 - b. **Empathize.** “I’m sorry for laughing at you, now I see that it made you feel sad.”
 - c. **Make it right.** Think about what you will do so it won’t happen again or to make it right. Next time, I will.... You can NOT say, “Next time, I won’t do it again.” But you can say, “I’m sorry for laughing at you, now I see it made you feel sad. Next time, I will think about how this made you feel.”
 - d. **Ask for forgiveness.** Be specific--Will you forgive me for laughing at you?

Then you start with step #1 with next child involved.