

Taking  
**POWER  
STRUGGLE**  
*out of*  
Parenting

The Art of  
Powerful  
Non-Defensive  
Communication

*Read by the Author*

Sharon Strand Ellison

Author, *Taking the War Out of Our Words*

## **Taking POWER STRUGGLE out of Parenting**

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Dear Listener:

After spending more than 30 years working with families, social workers, therapists, and teachers, I am thrilled to offer you this abridged audio version of *Taking Power Struggle Out of Parenting*. Based on my system of *Powerful Non-Defensive Communication*, these CDs offer tools that can eliminate much of the defensive and power struggle in our families.

*I would like to share some tips I think you can use to get the greatest benefit from these CDs.*

In order to give you the bigger picture of how these principles & skills work together, I strongly recommend that you listen to the CDs all the way through, at least once—even if you have to do so a little at a time!

You can also use this booklet frequently as a resource to guide you as you strengthen your skills.

- The tracks are numerous and detailed so that you can quickly access specific information
- The topics include both situations, such as “Callie and Sarah: Getting Ready for Kindergarten” and specific issues, such as “Appreciation.”
- You can follow any issue, such as “Whining,” “Hitting,” “Homework” or “Complaining” through various tracks to learn different ways to respond.
- The booklet also serves as an outline that you can review as you practice.

I hope you gain new insight, skill and wisdom that will enhance your joy as a parent.

With Care, *Sharon*

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Callie & Sarah: Getting Ready for Kindergarten  
Naming the Four Steps Out Loud  
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*A Closer Look at the Steps***6 I Hear**

- Focus *Only* on What the Words Mean
- Avoid Repeating Verbatim, Use Your Own Words
- What the Words Would Mean If You Said Them & They Were True
- Whining Child: “I Can Do It Myself”
- Child in Bad Mood Says, “I’m Fine”

**I See**

- Link I Hear & I See with “And At the Same Time; Avoid “But”
- Seijun and Paul: Clearing the Table
- Child’s Homework Not Done or Forgets to Take it To School
- Whining Child: “I Can Do it Myself”
- Child in Bad Mood Says, “I’m Fine”

**I Conclude****I Express****7 Problems that Can Occur When We Omit Steps in the Process**

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