



## **SAMPLE “HOW CAN I?” QUESTIONS**

1. How can I prevent my child from controlling me?
2. How can I use discipline in a constructive way?
3. How can I accept the rejection when disciplining my child?
4. How can I share discipline with my spouse?
5. How can I not be emotional when disciplining my child?
6. How can I discipline my child when I'm tired from work?
7. How can I realize the positive effects of discipline?
8. How can I build self-confidence from disciplining my child?
9. How can I build self-confidence in my child from discipline?
10. How can I overcome parent pressure? (the pressure they apply when they want their own way)?
11. How can I learn to discipline?