



**BUILDING
HAPPINESS**

Challenges & Strengths

Which behavior challenges you are experiencing at home?

Lack of listening

Back talk

Interrupting

Homework hassles

Bedtime fights

Dawdles to leave the house

Struggles with self care
tasks (shower, brushing
teeth, getting dressed)

Refuses to help

Demands to be served

Expects bribes

Works only for rewards

Aggression

Biting, Hitting

Can't share

Conflicts with siblings

Rude words / insults

Whining

Tantrums

Screaming Outbursts

Stealing

Lying

Dishonesty

Screen struggles

Defiance / Strong Willed

Name calling

Other:



**BUILDING
HAPPINESS**

ARIADNE BRILL, C.P.D.P.E.
POSITIVE PARENTING CONNECTION



Challenges & Strengths

Check off which qualities, characteristics, and life skills your child needs to be capable, confident and happy:

Flexibility

Compassion

Self-Discipline

Responsibility

Accountability

Cooperative Skills

Capability & Self-Esteem

Good Communication Skills

Ability and Drive to Contribute

Kindness

Honesty

Respect for self and others

Sense of Humor

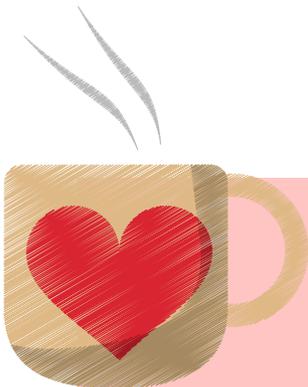
Problem Solving skills

Resiliency

Curiosity

Motivation

Emotional Intelligence



"Children learn what they live." Dorothy Law Nolte

"To teach is to learn twice." J. Joubert