



## **FaithWorks Counseling**

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### **Parent Scripting Cheat Sheet: De-escalation & Compliance Prompts**

*"Words That Work" – Scripts for Avoiding Power Struggles*

#### **When He/She is Shutting Down or Refusing:**

- "I can see today feels hard. You're not in trouble—we'll figure it out together."
- "You don't have to talk. Just give me a thumbs up if you need space."
- "You don't have to do it yet. Let's take 5 minutes and then decide."

#### **When He/She is Anxious or Avoiding a Task:**

- "Is it that your body feels wrong, or your brain says 'no way'?"
- "Want to tell me what feels off, or should I guess and you can nod?"
- "Do you want to wear it for 5 minutes, then change? Just try and see how it feels?"

#### **When He/She Needs Gentle Choices (Not Commands):**

- "You get to choose: change here or at the event?"
- "Want me to stay with you while you get ready, or give you space?"
- "You can go just for 10 minutes and then we leave if you need."

#### **When He/She Barricaded or Locked Away:**

- (Through the door, calmly) "Looks like this got really big. I'm not mad. I'm staying nearby if you want help."
- "You're safe. We can reset. You don't have to explain everything—just come out when you're ready."
- "We'll wait, not push. You are still loved."