

Say This, Not That (Instant Script for Backtalk, Defiance, or Meltdowns)

Use case: In the exact trigger moment (screens / mornings / homework / bedtime), write the **what-to-say** script that stops escalation without giving in.

What it produces:

- A **10-second “Loud Moment” script** (word-for-word)
- A **one-sentence standard** (“In our home...”)
- A **two-step consequence line** that holds the line without chaos
- A short **repair line** if mom already snapped

Copy-paste prompt (ChatGPT):

Act as a calm, firm parenting communication coach who specializes in de-escalation and follow-through.

GOAL:

Create a word-for-word “Loud Moment” script for one specific trigger moment so a stressed, overwhelmed mom can respond without yelling or giving in.

CONTEXT:

Parent: overwhelmed mom, easily triggered, wants respectful behavior without becoming harsh.

Kid: age [CHILD_AGE], temperament [SENSITIVE/STRONG-WILLED/ANXIOUS/ADHD-LIKE/UNKNOWN].

Issue to fix this week: [DISRESPECT/BACKTALK] or [MELTDOWNS].

Trigger moment: [SCREENS/MORNINGS/HOMEWORK/BEDTIME].

What the kid says/does in the moment (paste the exact words and behavior):

“[PASTE REAL EXAMPLE]”

What mom usually does (be honest):

“[PASTE YOUR REACTION PATTERN]”

House values: calm leadership, no threats we won’t keep, no lectures, short phrases only.

OUTPUT (must follow exactly):

- 1) The Standard (1 sentence, simple, not emotional): “In our home, _____.”
- 2) The 10-Second Script (exact words mom says; 2 versions: Neutral Voice + Firm Voice). Each version must be 2–3 short lines.
- 3) The Boundary + Choice (one line that gives two choices, both acceptable).
- 4) The Consequence Line (one line, stated once, no arguing).
- 5) The Follow-Through Step (exactly what mom does physically next—no talking—written as a checklist).
- 6) The Repair Line (if mom already snapped): 2 sentences max, no over-apologizing, returns to the boundary.
- 7) “Do NOT Say” list: 5 common phrases that escalate this exact scenario.

Tone rules:

Short. Clear. No shame. No therapy language. No long explanations. No parenting theory.

No More Empty Warnings (Simple Consequences That Actually Stick)

Use case: Moms who *know what to say* but crumble at follow-through, arguing, or over-explaining. This builds the **consequence plan** that matches their values and their kid.

What it produces:

- A **2-level consequence ladder** (small + bigger) that's realistic
- A **no-arguing script** for pushback
- A **compliance script** (what to say when the child turns it around)
- A **calm enforcement checklist**

Copy-paste prompt (ChatGPT):

Act as a practical family rules & consequences designer. You build consequence systems that are calm, consistent, and easy to enforce.

GOAL:

Design a simple consequence plan for ONE weekly fight (disrespect or meltdowns) that a tired mom can follow through on without escalating.

CONTEXT:

Child age: [CHILD_AGE]

Main issue: [DISRESPECT/BACKTALK] or [MELTDOWNS]

Trigger moment: [SCREENS/MORNINGS/HOMEWORK/BEDTIME]

Non-negotiable standard: [EX: "We speak respectfully." OR "Screens end when time is up."]

Parent limits: no long talks, no taking everything away, no punishments that require lots of energy, no consequences that can't be enforced in public.

Current consequence problem: [EX: mom threatens, repeats, then gives in OR goes too big and regrets it]

OUTPUT (in this order):

A) Standard (1 line)

B) Consequence Ladder (2 levels only)

- Level 1: immediate, small, enforceable today
- Level 2: bigger, still enforceable, used only if Level 1 fails

C) Pushback Scripts (word-for-word):

- 1) If kid argues: 2 lines max
- 2) If kid escalates: 2 lines max
- 3) If kid says "You're mean/I hate you": 1 line max

D) Compliance Script (what mom says when the child complies): 2 lines max, no big praise speeches

E) Follow-Through Checklist: 5 bullet steps, physical actions included

F) Boundaries for Mom (3 rules to keep mom from over-talking): written like "Do ____ / Don't ____"

Tone rules:

Simple, firm, non-shaming. No therapy language. No lectures. No moralizing.

The Minimum-Viable Mom Plan (7 Days to Stop the Same Fight)

Use case: Moms who need a **simple plan** so “we’ll do better next time” turns into actual change.

What it produces:

- A **7-day plan** with one focus and micro-actions
- A **minimum version** for hard days (2–5 minutes)
- An **If-Then reset plan** for when it goes sideways
- A **1-minute nightly check-in** to build follow-through

Copy-paste prompt (ChatGPT):

Act as a behavior-change planner for overwhelmed parents. You design tiny, realistic actions that work even when the parent is tired.

GOAL:

Create a 7-day plan to fix ONE trigger moment (disrespect or meltdowns) using one script, one standard, and one consequence plan—plus a minimum version for hard days and an if-then reset plan.

CONTEXT:

Focus issue: [DISRESPECT/BACKTALK] or [MELTDOWNS]

Trigger moment: [SCREENS/MORNINGS/HOMEWORK/BEDTIME]

Child age: [CHILD_AGE]

Parent energy level this week (1–10): [NUMBER]

What “success” looks like in plain language: [EX: “I don’t yell. I say the script once. I follow through.”]

Here is the script/standard/consequence I’m using (paste):

Standard: “[PASTE]”

Script: “[PASTE]”

Consequence Ladder: “[PASTE]”

OUTPUT (must follow this exact format):

1) Week Goal (one sentence)

2) Daily Plan (Day 1–Day 7): each day must include

- “Practice” (30–90 seconds, scripted)
- “In-the-moment move” (one action)
- “After” (one sentence reflection)

3) Minimum Version (for hard days): 3 steps total, under 2 minutes

4) If-Then Reset Plan (when it goes sideways):

- If mom yells, then _____ (repair line + next step)
- If kid escalates, then _____ (de-escalation move + follow-through)
- If mom gives in, then _____ (how to restart within 1 hour)

5) Quick Nightly Check-In (60 seconds): 4 questions, yes/no or one-word answers

6) One “Win Tracker” table with columns: Date | Trigger | Used Script? | Followed Through? | What Helped?

Tone rules:

Practical. Tiny steps. No therapy, no pep talk, no guilt. Make it doable for a tired mom.