Class 4: I Statement Role Play

Script for Dialogue 1: Volunteer # 1 Family Member

1: I get angry when you don't clean up your mess after you have a snack.

2:

1: I did say you could have a snack, but I also asked you to clean up your mess. I feel frustrated when you don't do what I ask you to do.

2:

1: I think that if you are having that much trouble cleaning up after yourself then we should cut out snacks for a while. I need to know that you can follow through with what I ask you to do.

2:

1: I disagree. It is up to you. If you forget to clean up your mess again, then I will cut out snacks for a whole week. If you clean up after yourself, then snack time continues.

NAMI Basics
National Alliance on Mental Illness

Class 4: I Statement Role Play

Script for Volunteer # 2 Child/Adolescent

1:

2: But you said I could have a snack.

1:

2: I just forgot.

1:

2: You always make such a big deal out of everything. I didn't mess up the kitchen too much.

1:

NAMI Basics
National Alliance on Mental Illness

Class 4: You Statement Role Play

Script for Dialogue 2: Volunteer # 1 Family Member

1: You make me so angry when you don't clean up your mess after you have a snack.

2:

1: You never clean up after yourself. You always say you are sorry and that you'll do better next time, but you never do.

2:

1: You are always forgetting, and you always leave a mess for me to clean up.

2:

1: You never doing anything you promise to do, and you trash this kitchen every day.

2:

NAMI Basics
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Class 4: You Statement Role Play

Script for Volunteer # 2 Child/Adolescent

1:

2: But you said I could have a snack.

1:

2: I just forgot.

1:

2: You always make such a big deal out of everything. I didn't mess up the kitchen too much.

1:

2: I'm tired of you being on my case all the time! I can't do anything right!

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Class 4: Sample Outburst # 1

School is so dumb! Why do I need to go to school anyway!



Class 4: Sample Reflective Response # 1

You sound really frustrated. Tell me more about what's going on at school that's dumb and that you don't like.



Class 4: Sample Outburst # 2

You're so mean!
I hate you!



Class 4: Sample Reflective Response # 2

I see that you
are really upset with me
right now.



Class 4: Sample Outburst # 3

I got chosen last in gym class today, so I'm never going back to school!



Class 4: Sample Reflective Response # 3

That must make you feel left out to be chosen last.



Class 4: Sample Outburst # 4

I won't go to the therapist! She just asks me lots of weird stuff and I don't want to talk to her.



Class 4: Sample Reflective Response # 4

I know it can feel really uncomfortable when a grown-up does this. What kind of stuff bothers you most?



Class 4: Sample Outburst # 5

Nicole gets to do whatever she wants to! I never get to go anywhere with my friends!

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Class 4: Sample Reflective Response # 5

I know it is hard to see your sister have more freedom than you do right now.

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Class 4: CPS Role Play

Script for Dialogue: Parent/Caregiver

Parent: I notice there is a mess in the kitchen again after your snack last night, what's up?

Youth:

Parent: I did say you could have a snack, but I also asked you to clean up after yourself. Is there a reason why you didn't?

Youth:

Parent: I agree that most times you do clean up and I am very grateful when you do. I will try harder to mention those times to you. But this time, you didn't. Is there any reason you weren't able to clean up your mess last night?

Youth:

Parent: OK, I understand that sometimes we all forget. My concern is that we do have an ant problem in the house and I worry that ants will end up all over the counter again. It also smells up the house and nobody likes that. When I have to clean up after you, I get very frustrated. Is there some way, we can help you remember to clean up and so that we don't have to worry about ants, have a smelly house, or make me so frustrated?

Youth:

Parent: Well, if you forgot last night, I'm wondering how waiting until the next day will help you remember, plus we would still have the ant and smelly problems to contend with.

Youth:

Parent: I have an idea. How about if we make a sign and put it somewhere really visible to help us each remember? Do you think you can try that? You can make the sign or we can make it together and you can decide where it should go.

Youth:

Parent: Great! And if we find that it doesn't work, we can talk about it again to come up with other ideas. Let's get working on that sign.

Class 4: CPS Role Play

Script for Dialogue: Child/Adolescent

Parent:

Youth: Whaddya mean, “what’s up?” you said I could have a snack.

Parent:

Youth: I don’t know. I clean up most of the time. I forgot this one time. You never bother to notice when I do things right!

Parent:

Youth: No, just forgot. You don’t always clean up your messes either by the way.

Parent:

Youth: I don’t know. It’s not that much to clean up. What’s the big deal about leaving it until the next day?

Parent:

Youth: Oh, I hadn’t thought about that.

Parent:

Youth: OK. I have an idea for the sign.

Parent: