

# GOOD

## DADS 2.0



Handling Trouble  
on the Building Site

# 7



## WHEN TROUBLE IS **Brewing**

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**Directions:** Listen to the contractors in the **Contractor Clip**. How should contractors handle conflict on site? How do you handle conflict directed at you? What are some things you do?



Conflict is a natural and unavoidable part of life. While it often causes us great discomfort to confront a conflict, you have to be able to recognize conflict when you see it. The goal is to keep the whole family operating smoothly like a well-organized building site.

**What other important skills do people need to handle conflict well at home?**



1.

2.

3.

4.



# MANAGING MY Anger

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**Directions:** Think about the steps to managing anger as you record your answers to Boxes 1 and 2. Then find another dad in the room to brainstorm collaborative answers to Boxes 3 and 4.

**Think about the last time you felt bugged, irritated, annoyed, or bothered. What caused you to feel this way?**



**Recall how your body reacted when you were bugged, irritated, annoyed, or bothered. List physiological responses to low-level anger.**



**List examples of healthy time-outs. What can men do to remove themselves from an angering situation and prevent doing something they'll regret?**



**List examples of positive outlets for anger. What can men do to channel their emotions into something productive and avoid negative consequences?**





## MANAGING ANGRY **Others**

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Dads need to rely on a number of skills to handle child-to-child, child-to-parent, and parent-to-parent conflicts to keep a happy family.

**A crew member might feel angry, frustrated, hurt, embarrassed, etc. when ...**

**A child member might feel angry, frustrated, hurt, embarrassed, etc. when ...**

Creating a solution has four important elements:

**Directions:** How do you define each of the following terms? Write what each looks like to you.

<b>Empathy</b>	
<b>Safety</b>	
<b>Perspective</b>	
<b>Understanding</b>	

# Nailing it Down



**Directions:** Practicing conflict resolution with a child can prevent anger erupting into violence when they reach adulthood. Your facilitator will assign a group of 3-4 to one of the below scenarios. Your job is to use the **Four Cornerstones to Problem Solving** on page 5 to determine the problem and outcomes for your scenario. Be ready to share your answers with the rest of the group.

## Elliot

**Your toddler, Elliot, loves his LEGO collection. But he doesn't clean up his toys when playtime is over, despite your reminders. One day, you step on a LEGO on the staircase. So now you're mad at Elliot, and your foot is throbbing in pain.**

## Michael

**Your 14-year-old son, Michael, has developed the habit of demanding things from you. He wants you to do his laundry, make his sack lunch and buy his favorite snacks. He never says "thank you," and you're disappointed he doesn't acknowledge your hard work or express gratitude for your efforts.**

## Tamika and Monique

**Your daughters, Tamika and Monique, are very picky eaters. When Tamika says she doesn't like the dinner, Monique follows suit, and vice-versa. The problem boils over when Monique requests chicken nuggets for dinner, but Tamika won't eat the food you put in front of her.**

## Maggie

**Ten-year-old Maggie has been playing basketball since first grade. It's a lot of work to drive her to practices and games, and her uniforms aren't cheap, either. But it's important to you that she plays sports because you did the same thing growing up. She's been less enthusiastic about going to practice lately, and one day she blows up. "I hate basketball! I never wanted this, and you never cared!"**

# FOUR CORNERSTONES TO **Problem-Solving**

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**1 - Identify the Problem**

**2 - Weigh Potential Options**

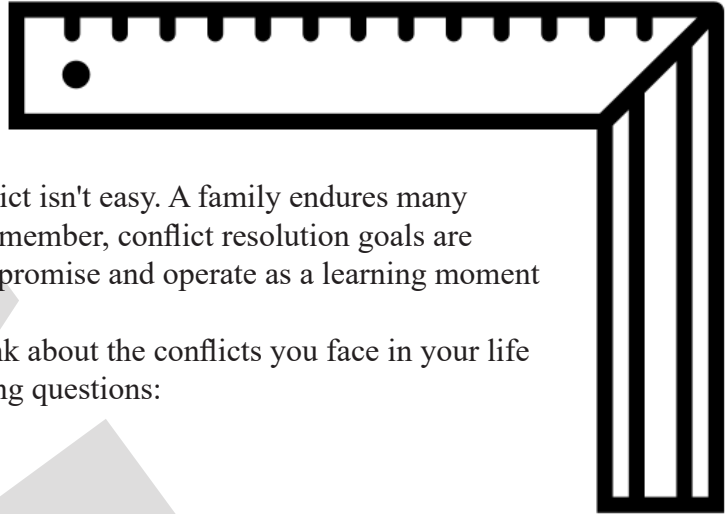
**3 - Decide on a Solution to Try**

**4 - Evaluate the Decision**

**What strategies or ideas did you hear from the other groups that you want to remember? How did they incorporate empathy into their solutions?**



# CHECKING FOR Square



Finding the right solution during a conflict isn't easy. A family endures many conflicts, and each one is unique. But remember, conflict resolution goals are twofold: They are meant to reach a compromise and operate as a learning moment for the people involved.

In the minutes left before dismissal, think about the conflicts you face in your life and write on one or more of the following questions:

**How can I incorporate empathy, safety, perspective, and understanding into my everyday life?**

**What sorts of low-level anger do I experience the most?**

**How does it feel to suffer the consequences of a burst of high-level anger?**

**Which healthy time-out methods work for me?**



A large rectangular area containing horizontal lines for writing. The lines are spaced evenly and extend across the width of the page. The writing area is divided into two sections: a smaller one at the top right, corresponding to the questions, and a larger one at the bottom left.



## IN THE NEXT **Module ...**

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What causes stress in my life?

What challenges do I face that make life more stressful than normal?

What are the similarities and differences in how men and women communicate?

Who's in my support network?

How do I ask for help?

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# YOUNGBLOOD



"Helping Kids One Dad at a Time"

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Group. Page design by Diana Dudenhoeffer. Video production by Brian Mattson and Benji Lampert. Thank you to Robert Hawkins, Rusty MacLachlan, and Jim Towery for Contractor Clips. Cover photo by John Olalde on

Unsplash. Illustrations by Philipp Petzka, Made by Made, Vectors Market, Laili Hidayati, Made, Bakunetsu Kaito and Laymik from The Noun Project. Printed by Liberty Press in Springfield, Missouri.

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