

Externalizing the Patterns

The goal of this Action Point is for you to identify several different patterns that your child has, and then externalize these patterns. Do this process with your partner if you have one.

To the left of the vertical line, write some of the problems your child has.

Then on the right side do your first attempt at externalizing these problems from your child. You may even have clues from your child already to support this exercise.

Talk to your child about what you came up with. Allow your child to correct you and to provide more details, - and to add more patterns.

Problem Pattern	Pattern Externalized