

### Exercise 3-2: Difficult Times

*INSTRUCTIONS: Review the last couple of days and your interaction log (Exercise 3-1) and then answer the questions below.*

1. What time of day are *you* usually most frustrated?
  
  
  
  
  
  
  
  
  
  
2. What time of day is *your child* most frustrated?
  
  
  
  
  
  
  
  
  
  
3. What activities are most frustrating for you when they are interrupted?
  
  
  
  
  
  
  
  
  
  
4. What activities is your child most likely to have difficulties or frustration with?
  
  
  
  
  
  
  
  
  
  
5. How can you restructure time or activities to reduce some of these frustrations?

(1) \_\_\_\_\_

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(2) \_\_\_\_\_

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(3) \_\_\_\_\_

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