

Fighting For Control – Stop & Defuse



Power struggles can turn everyday interactions into frustrating battles for control, leaving young adults and adults emotionally drained.

Learn to **spot** and **defuse** these moments to create opportunities for cooperation, growth, and connection.

What Is a Power Struggle?

A power struggle occurs when a child and an adult both try to assert control in a situation, often resulting in a standoff.

Why Do Power Struggles Happen?

- Impulse control and frustration tolerance.
- Avoid situations they find overwhelming or unfair.



Start Here!



You Got It!



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