## Urges aren't the problem—Control is the problem

Your child likely does many things to try and control his/her urges to pull. These can include actually pulling, avoiding situations that make him/her want to pull, avoiding stress, wearing gloves, etc.

It is not that these things are wrong or bad, in fact, they are probably helpful sometimes, especially in the short-term. But when the main goal becomes getting rid of urges, we are fighting a losing battle with long-term costs.

Fighting the urges is usually our natural reaction, but it is counterproductive. It actually makes them worse!

In the next session, we will discuss an alternative strategy to this control strategy. We call it willingness.

## Homework

**Exercises**

- Are you doing your best to support your child in doing their exercises? If they are willing to let you help them, it can be helpful for you to remind them periodically and praise or reward them when they successfully do the exercise.

**Stimulus control**

- Remember that these should be helpful at making pulling more difficult and less likely to happen. But they should not be overly cumbersome to the point that they are frustrating to your child.

- Progress can be slow. Do your best to stay positive and encouraging during this process. In our experience there are usually easy days and difficult days. Think big picture!