



Discipline Dilemmas

Consider the discipline dilemmas below from different perspectives.

Jose and Lilly want to live healthier lives. They decide to watch what they eat and exercise 5 days per week. They like to go their friend's houses on the weekends but their friends always have lots of "junk food" like chips and cakes for everyone to eat. They wind up eating the junk food.

- What is your assessment of this situation?

- Is this a time when it was OK to deviate from the agreed decision? Why/why not?

- What is the right thing to do?

It's Tuesday and Mark has a report due on Friday. Mark's daughter, Phoebe, reminded her Dad that they had a special parent event on Thursday and that he promised to take her to lunch afterwards. There was no way that Mark would be able to make it due to work.

- (1) What is your assessment of this situation?

- (2) Is this a time when it was OK to deviate from the agreed upon schedule? Why/why not?

- (3) What is the right thing to do?

Michelle had a strict curfew of 11:30pm on Saturday nights. Michelle met Sue at a coffee shop at 10pm. Sue started to cry. She really needed to talk. Before Michelle knew it, it was midnight.

- What is your assessment of this situation?

- Is this a time when it was OK to deviate from the agreed upon schedule? Why/why not?

- What is the right thing to do?

- * Discipline enters our lives everyday. How do you plan to show discipline this month in at least one area of your life. What is your discipline plan? Feel free to use another piece of paper.
