

Email Series: 5 Ways to Get Back in Control of Your Home

[Email #1]

Subject Line: <Name>, how to stop the screaming in your home now

[Body]

Dear <Name>,

Here is part 1 of my Special Report you requested: 5 Ways to Get Back in Control of Your Home.

If your child has behavior problems, you probably feel as if your home is out of control—and that you're a bad parent—especially when you look at other families, and they all seem to have “perfect kids.”

So before we get started, I want to say 3 things to you:

- 1.) I'm not going to talk about whether you're a “good parent” or a “bad parent.” Because that's not the issue. What's at issue is whether you're an effective or ineffective parent. And right now you're probably feeling somewhat ineffective. So in this email I'm going to show you how to become an effective parent.
- 2.) Your child's behavior is not your “fault” (even though he probably tells you it is.).
- 3.) Helping your child change his behavior is your responsibility, and I'm going to help you do that, too. So let's get started.

Now let me ask you this: Does your child yell and scream at you when you tell him “no?” Or when you tell him to do something around the house?

Has he also figured out how to push your buttons--to get under your skin—so more often than not you find yourself yelling *back* at him?

I'll bet even now, just thinking about your last screaming match with your child gets your blood boiling.

Well, here's why your kid screams at you, and this might be a little hard to swallow:

**Your kid screams at you because, without knowing it,
you trained him to do it**

The simple truth is, while you thought you were training your child to follow the rules and behave, by raising your voice or yelling, he was actually learning how to train you—to lose control, to give in, and give him his own way.

He noticed early on that when you yelled and screamed at him you were out of control—so then he learned all he had to do was push you far enough...to get you to scream and lose control. And that then takes the focus off what he did wrong, and puts the focus on you and your out-of-control behavior.

If your kid screams at you, it's because he learned he could. He learned that screaming *works*.

And right now it's the only tool he has in his toolbox to solve his problems—a big screaming hammer. So I'm going to help you take that big hammer out of his toolbox and put some better tools in there that will help him solve his problems.

I want to give *you* more tools in your parental toolbox, too!

Typically, when you scream at your kid, it's because you don't have any other tools to work with, either. So you yell. It's simple, available and quick. The problem is it doesn't work.

It may have worked in the beginning, when you were seen as being dominant and stronger, and could demand obedience.

But when your kid learned he or she could scream too, you became equals.

And then no amount of screaming by you could get your kid to do whatever it was you wanted him to do, or stop doing, which started the screaming in the first place.

Scream and your kid wins

By getting you to yell, your child is effectively dictating the rules of the game.

He's learned that if he can get a "rise" out of you—he's the one deciding how your "disagreement" will be handled and played out.

And, by getting you to yell, to lose your cool, your kid is also proving to himself that he's right and you're wrong—and that makes you look weak in his eyes.

Even worse, in a screaming match your kid is learning that might makes right. He's learning that the quickest way to achieve his goals is to overpower, to conquer a weaker opponent.

The fact is, yelling is really just a way to vent your frustration and anger. It doesn't solve the underlying problem between you.

Starting today: No More Screaming

So to help you get back in control of your home, I'm going to ask you to do something differently. Starting today, if you feel the tempers beginning to flare with your child and you're tempted to raise your voice and start yelling...don't.

I know that's easier said than done. But keep reading.

Say your child refuses to empty the dishwasher when you ask him to. Say he starts to yell at you: "This sucks! Get off my back! I'll get to it!"

Your instinct may be to yell at him: "No! You'll do it now! I don't ask much of you around here. No get over here and take care of these dishes."

But you already know where this is going to go. Nowhere.

Instead, I'm going to ask you to try something different. Keep your voice even and your tone businesslike. Tell him, "It's my responsibility to get supper. It's your responsibility to empty the dishwasher. For every minute the dishes stay in the dishwasher, you lose an hour of computer time tonight." Then go about your business and don't scream. Even if he screams back at you. Don't yell. Don't scream. Don't lose your temper.

Here's why I say this:

If you don't scream at him, he has no one to scream at...

...and the screaming in your house dies. It's that simple.

It's going to take some doing on your part not to scream if this is what you're used to. So here's another helpful line you can use when your kid yells at you:

"I'm not going to talk to you when you're acting this way. I'm available at 6 o'clock about why you should stay out later."

Then be available to talk about it (not scream about it) at 6 o'clock and not a moment sooner.

Saying this, without raising your voice, puts you in control. You're not getting sucked into a shouting match on your child's terms. And your child learns—finally—that screaming doesn't work anymore.

You *can* stop your child's behavior problems...for good.

Understand that if your child is misbehaving, yelling and screaming, it's because he doesn't have the skills or structure to solve personal problems or cope with situations he finds overwhelming, uncomfortable or intimidating.

If you teach your child a broader repertoire of coping and problem solving skills, than merely yelling and misbehaving—he'll stop the yelling and misbehaving!

In ***The Total Transformation Program*** you'll learn an entire menu of coping and problem solving skills you can put in place immediately and easily.

You'll have in your hands simple, step-by-step techniques that'll teach your kid how to solve his personal and social problems without resorting to bullying, screaming and abusive behavior.

And you won't need a degree in child psychology to learn how and why these techniques really work.

What you get in ***The Total Transformation Program*** are easy to understand common sense approaches to handling your kid's misbehavior. There's no psychobabble, highbrow formulas or theory involved—everything is presented in straight-shooting, down to earth English.

These are all quick, easy-to-apply techniques that I have used time and time again even with the most troubled children, and they worked. I am 100% confident they'll work for *you*, too.

That's why I want you to...

Try it FREE for a full month

Look, the only reason I'm willing to put my entire ***Total Transformation Program***—which includes 8 CDs, 2 DVDs and my 116-page manual in your hands—free for 30 days, is because I know, as do hundreds of other parents, it will effectively stop, once and for all, the screaming, defiance and abusive behavior your kid is using to get his way.

What a Blessing!

"After ordering The Total Transformation, what a relief, the screaming has stopped. My child/teen knows that it will not get her what she wants, she removes herself from the situation until she can come back and discuss it in a normal tone. What a blessing!"

-- Deanna Smith, City, State

Mom's in Charge!

"I just followed the instructions in the Total Transformation, and my daughter stopped yelling at me. She started doing her homework, and she

stopped hitting me immediately. It really gave me the sense that I am in charge."

-- Greta M. (Single Mother), Santa Cruz, CA

She Got Her Daughter Back!

"I have not just transformed my children's behavior, but I have been transformed. It's like I got my child back—my beautiful daughter that I had loved but not liked for a long time."

-- Shannon Y. (Mother of 2), Poplar Grove, AR

Call XXX-XXX-XXXX or [click here right now](#) to order the **Total Transformation** today!

I guarantee it'll stop the screaming—permanently!

I'll see you again in a couple of days with the second part of your special report on _____.

Sincerely,

[Signature]

James Lehman, MSW
Creator of the **Total Transformation** Program

P.S. Remember, your FREE 30-day trial of **Total Transformation** is completely without risk or obligation. If you are unsatisfied with The **Total Transformation** program for any reason, just return it to me within the first 30-days and without any questions asked I'll return every penny of your purchase.

Call XXX-XXX-XXXX or [click here](#) to start your FREE 30-day trial of The **Total Transformation Program—and put a firm end to your kid's screaming, bullying and bad behavior!**