

Requests Versus Demands

It can take time to learn that how we phrase something can change how a person experiences what we have to say. When children have big feelings about something they really want, they can become demanding (Snowden, 2018).

This worksheet helps children understand how to turn demands into requests (modified from Snowden, 2018).

Work through the following table with the child (or group) and discuss how to rephrase the demands as requests. Add other real-life examples that are beneficial to work through.

Demanding	Requesting
Leave me alone, stop bothering me!!	Would you mind leaving me alone for five minutes?
Let me play more games!!	
You have to buy me that candy!!	
Give me the toy!!	
I'm not going there!!	
Pick me up at the time I say!!	

Demanding	Requesting
Tell them I'm not going!!	
You can't play!!	

References

- Snowden (2018). *Anger management workbook for kids: 50 fun activities to help children stay calm and make better choices when they feel mad*. Emeryville, CA: Althea Press.

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