A SuperCamp technique that’s effective for resolving relationship problems or giving praise is OTFD. OTFD stands for the steps in this communication process. The goal behind this tool is to articulate feelings in a positive and direct manner.

People feel more comfortable when they don’t have to guess what another is feeling or thinking – OTFD facilitates clear and “visible” communication. By practicing this technique regularly you and your son or daughter can build a safe environment to resolve differences, and maintain a strong relationship.

**Observe**  
*Something you observed with your senses that anyone else can observe.*  
Example: “I noticed you came home 20 minutes after your curfew last night.”

**Think**  
*A thought or opinion about what you observed.*  
Example: “My thought is that you don’t respect the rules we agreed on about a curfew.”

**Feel**  
*A feeling you had about what you observed.*  
Example: “I feel disappointed because you didn’t uphold your side of our agreement.”

**Desire**  
*What you want (your desire).*  
Example: “My desire is for you to be responsible enough to get yourself home on time. If you are going to be late, I would like to have an agreement that you will call before your curfew.”