

The Beliefs Behind the Behavior

Based on the Psychology of Alfred Adler and Rudolf Dreikurs. Adapted by Jody McVittie from similar schema by Steven Maybell and Jane Nelsen. 3/06

1. Child's Behavior	2. Adult's feeling	3. Adult's mistaken reactions	4. Child's response	5. The child's belief	6. Effective prevention (Encouragement)	7. Effective responses (More encouragement)	Goal
Nuisance Show off Clown Disruptive Pesters Blurring out Interrupts	-Annoyed -Irritated	Reminding Coaxing	Stops temporarily, but later resumes same or another disturbing behavior	<i>I count or belong only when I am getting attention, when others notice me.</i>	Spend special time Provide opportunities to contribute. Teach connection skills Set up routines Family meetings.	Hear: "Notice me, involve me." "I care about you and _____" (Example: I care about you and will spend time with you later.) Redirect by assigning a task so child can gain useful attention Use problem-solving Touch without words Set up nonverbal signals. Set up routines	Undue Attention
Acts pitiful Acts helpless Acts scared Acts whiny Demanding	-Worried -Guilt -Sorry for -Responsible for	Reminding Taking Responsibility Making excuses for the child Doing things for the child he/she could do for him/herself	Acts incapable or even more demanding often with engaging drama	<i>I count or belong only when I'm keeping others busy with me. I am special. I'm not sure I can do it for myself, "Do it for me."</i>	Make room for learning from mistakes. Become "incompetent" Avoid special service or pampering. Provide opportunities to contribute Family meetings.	Use problem solving. Take time for training Allow disappointment and frustration as new skills are learned. Promote autonomy Practice self respect	Special service
Defiant Argumentative Passive - aggressive Apathetic Takes over leadership of any group	-Challenged -Defected -Provoked -Indignation - (Angry)	Fighting Forcing Giving in Thinking "You can't get away with it" or "I'll make you" Wanting to be right Wanting to be in charge/control Punishing	Intensifies behavior Defiant - compliance Feels he/she's won when adult is upset. Passive power	<i>I count or belong only when I'm boss, in control, or proving no one can boss me. "You can't make me." "You can't stop me."</i>	Provide opportunities to contribute in useful ways Set a few reasonable limits (kind and firm) Give choices Develop mutual respect Mutual problem solving. Practice follow through Family meetings.	Hear: "Let me help, give me choices" Let routines be the boss Don't fight and don't give in. Withdraw from conflict (leave and calm down) Redirect to positive power by asking for help Be firm and kind Act, don't talk Decide what you will do (vs. what child should do) Use positive time outs	Misguided power
Hurtful Vindictive Rude Abusive Self destructive	-Hurt -Disbelieving -Spiteful - (Angry)	Retaliating Getting even Punishing Play victim - thinking "How could you do this to me?"	Retaliates Intensifies Escalates the same behavior or chooses another weapon	<i>I don't think I belong (or count) so I'll hurt others as I feel hurt. I can't be liked or loved.</i>	Teach/ use self soothing and calming tools Show you care Build relationship Teach & use I statements Avoid blame or shame Encourage strengths Avoid taking sides Family meetings	Hear: "I'm hurting" Connect: acknowledge feelings. Emotional honesty Make amends Teach to make amends Avoid acting on hurt feelings Avoid punishment and retaliation Clear and appropriate follow through	Revenge
Withdrawal Indifferent to work Pessimism Hopelessness	-Discouraged -Futility -Helpless (low energy)	Compare child to others Criticize Doing for the child Giving up	Retreats further Passive No response No improvement	<i>I can't count or belong because I'm inferior to others. It's no use trying because if I did others would find out how inferior I am. I'm not perfect, so I'll convince others not to expect anything of me.</i>	Give responsibilities Show confidence Show faith Teach routines Teach how to break tasks into smaller pieces Model mistakes: it is okay to be imperfect Family meetings	Hear: "Don't give up on me" Show small steps Remind of past successes and strengths Show faith and confidence Take care of yourself and get support.	Inadequacy