

HOW PARENTS AND TEACHERS SABOTAGE THEIR DISCIPLINE

The Four Self-Sabotages

1. **Procrastination**

Instead, act the first time you see the misbehavior.

2. **Talking and talking**

Instead, carry out the correction with as few words as possible and do not mention it again.

3. **Forgetting to pay attention to positive and neutral behaviors**

Instead, give the child at least four positive attentions for every negative attention given.

4. **Negative scripting**

Instead, use positive descriptions and tone of voice in talking about your child.

The Underlying Base of the Four Self-Sabotages Is Our Own Hidden Unmet Needs

1. The unmet needs from our own childhood, or present day circumstances, give rise to feelings of anger and resentment which we sometimes direct at other people. Because of this, our children often have nothing to do with the anger which sabotages our discipline and relationships with them.
2. If you suspect that your hidden unmet needs are now sabotaging your discipline with the children, it may be time to find a good therapist or counselor or support group to help you uncover the hidden pain of your own early unmet needs and to help you heal those old, festering wounds.

CARING DISCIPLINE

WORKSHEET

NEGATIVE BEHAVIORS

The Four Misbehaviors and Three Problem-Solving Situations

NOT-MINDING (Not Doing What Is Asked)

SELF-INDULGENT (Attention-Getting)

ROUTINE NOT-MINDING (Will Not Do Routine Tasks)

AGGRESSIVE (Deliberately Hurting)

NEGATIVE BEHAVIORS: Child Has a Problem		
1. Adult can adjust environment	2. Adult can teach problem-solving and assistance skills	3. Adult can listen and accept child's feelings