

Mistaken Goal Chart (How Adults May Contribute)

1	2	3	4	5	6	7	8
Adult feels	Adult tends to react by	Child's Response	Mistaken Goal	Child's Mistaken Belief	How Adults May Contribute	Coded Message	Proactive and Empowering Responses
Annoyed Irritated Worried Guilty	<ul style="list-style-type: none"> Reminding Coaxing Doing things for the child they could do for self 	<ul style="list-style-type: none"> Stops temporarily but later resumes same or another disturbing behavior 	Undue Attention To keep others busy or to get special service	"I count (belong) only when I'm being noticed or getting special service." "I'm only important when I'm keeping you busy with me."	"I feel guilty if you aren't happy." "It's easier to do things for you than to watch you struggle." "I don't have faith in you to deal with disappointment."	NOTICE ME INVOLVE ME USEFULLY	<ul style="list-style-type: none"> Redirect by involving child in a useful task "I love you and ____" Avoid special service Plan special time Set up routines Use problem solving; Encourage; Touch without words Ignore; Set up non-verbal signals Use family/class meetings
Angry Challenged Threatened Defeated	<ul style="list-style-type: none"> Fighting Giving in Thinking "You can't get away with it" Thinking "I'll make you" Wanting to be right 	<ul style="list-style-type: none"> Intensifies behavior Defiant compliance Feels he/she has won when parent/teacher is upset Passive Power 	Misguided Power To be boss	"I belong only when I'm the boss, in control, or proving no one can boss me." "You can't make me."	"I'm in control and you must do what I say." "I believe that telling you what to do, and lecturing and punishing you when you don't, is the best way to motivate you to do better." "I don't practice the importance of teaching you contributing ways to use your power."	LET ME HELP! GIVE ME CHOICES	<ul style="list-style-type: none"> Redirect to positive power by asking for help Offer limited choices Don't fight and don't give in Withdraw from conflict; Calm down Be firm and kind; Act, don't talk Decide what you will do Let routines be the boss Develop mutual respect Set a few reasonable limits Practice follow through Encourage Use family/class meetings
Hurt Disappointed Disbelieving Disgusted	<ul style="list-style-type: none"> Retaliating Getting even Thinking "How could you do this to me?" 	<ul style="list-style-type: none"> Retaliates Intensifies Escalates the same behavior or chooses another weapon 	Revenge To get even	"I don't think I belong so I'll hurt others, since I feel hurt." "I can't be liked or loved."	"I give advice (without listening to you) because I think I am helping." "I worry more about what the neighbors think than what you need." "I have to hurt you to teach you not to hurt others."	I'M HURTING VALIDATE MY FEELINGS	<ul style="list-style-type: none"> Acknowledge hurt feelings; Avoid feeling hurt Avoid punishment and retaliation Build trust; Show you care Use reflective listening; Share your feelings Make amends Don't talk Encourage strengths Put kids in same boat Use family/class meetings
Despair Hopeless Helpless Inadequate	<ul style="list-style-type: none"> Giving up Doing for Overhelping 	<ul style="list-style-type: none"> Retreats further Passive No improvement No response 	Assume Inadequacy To give up and be left alone	"I can't belong because I'm not perfect so I'll convince others not to expect anything of me." "I'm helpless and unable." "It's no use trying because I won't do it right."	"I expect you to live up to my high expectations." "I thought it was my job to do things for you." "It is too scary to have faith in you."	DON'T GIVE UP ON ME SHOW ME SMALL STEPS	<ul style="list-style-type: none"> Break tasks down to small steps Encourage any positive attempts Have faith in child's abilities; Focus on assets Don't pity; Don't give up Set up opportunities for success Teach skills/show how, but don't do for Enjoy the child; Build on their interests ENCOURAGE! Stop all criticism Use family/class meetings