

The Mistaken Goal Chart

Adapted From the [Positive Discipline in the Classroom](#) Manual by Jane Nelsen and Lynn Lott

The child's goal is:	If the parent/teacher feels:	And tends to react by:	And if the child's response is:	The belief behind the child's behavior is:	Coded messages and how the adult can support:
Undue Attention (to keep others busy or to get special service)	-Annoyed -Irritated -Worried -Guilty	-Reminding -Coaxing -Doing things for the child he/she could do for him/herself	-Stops temporarily, but later resumes some or another disturbing behavior	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.	Notice Me - Involve Me Usefully -Redirect by involving the child in a useful task. -Avoid service. -Say it only once and act on what you say. -Plan special time. -Establish a routine. -Use family or class meetings. -Set up non-verbal signals.
Misguided Power (to be boss)	-Challenged -Threatened -Defeated	-Fighting. -Giving in. -Thinking, "You can't get away with it," or "I'll make you." -Wanting to be right	-Intensifies behavior. -Defiant compliance. -Feels he/she's won when parent/teacher is upset even if he/she must comply. -Passive power.	I belong only when I'm boss, in control, or proving no one can boss me. You can't make me.	Let Me Help - Give Me Choices -Let routines lead the way. -Ask the child to help you set reasonable limits. -Redirect to positive power. -Offer a limited choice. -Separate from the conflict and calm down. -Act, don't speak.
Revenge (to get even)	-Hurt -Disappointed -Disbelieving -Disgusted	-Hurting back. -Shaming -Thinking "How could you do such a thing?"	-Retaliates -Intensifies -Escalates the same behavior or chooses another response	I don't think I belong, so I'll hurt others as I feel hurt. I can't be liked or loved.	I'm Hurting - Validate My Feelings -Use reflective listening -Use family/class meetings. -Apologize -Share your feelings -Avoid punishment and retaliation -Discuss the hurt feelings: Your actions tell me you might be feeling hurt. Let's talk about it.
Assumed Inadequacy (to give up and be left alone)	-Despair -Hopeless -Helpless -Inadequate	-Giving up -Doing for -Over helping	-Retreats further -Passive -No improvement -No response	I can't belong because I'm not perfect, so I'll convince others not to expect any-thing of me; I am helpless and unable; it's no use trying because I won't do it right.	Don't Give Up On Me - Show Me A Small Step -Build on his/her interests -Encourage the child -Use family/class meetings -Take small steps -Encourage any positive attempt