

## **“Help! What Works?” Methods for Dealing with Challenging Behavior**

### **The Four Goals of Misbehavior**

- ◆ All behavior has purpose, and the purpose has positive intent to the person.
- ◆ Children up through the age of ten either act on the goals of positive behavior or misbehavior.
- ◆ Because the children are doing what is expected of them when they are acting on the goals of positive behavior, as adults, we may not reinforce or recognize their positive behavior as often as would be most helpful to the child.
- ◆ Children, after the age of ten, still act on the goals of misbehavior, but are then also affected by peer influence and sexual development and interest.

### **The Four Goals of Misbehavior\***

| <b>The Child Feels –</b>      | <b>and Thus, Their Goal Becomes –</b>                         | <b>and You Feel –</b>       | <b>Therefore, Your Action Is –</b>                            |
|-------------------------------|---------------------------------------------------------------|-----------------------------|---------------------------------------------------------------|
| Unnoticed                     | <b>Attention Getting</b>                                      | Annoyed or irritated        | Choose what you want to do<br><br>AND THEN<br>do the opposite |
| Powerless                     | <b>Power Struggle</b>                                         | Angry or challenged         |                                                               |
| Hurt                          | <b>Revenge</b>                                                | Hurt                        | Apologize                                                     |
| Flawed, inadequate, incapable | <b>Display of Inadequacy – also called Assumed Disability</b> | Lost, don’t know what to do | Find something they will invest in, something they will try   |

\*Rudolph Dreikurs, **Children the Challenge**

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