

# “Help! What Works?” Methods for Dealing with Challenging Behavior – Part II

## The Four Goals of Misbehavior Worksheet

### The Four Goals of Misbehavior\*

Step Four	Step Three	Start Here B Step One	Step Two
<b>The Child Feels B</b>	<b>and Thus, Their Goal Is and Their Behavior Becomes B</b>	<b>and You Feel B</b>	<b>Therefore, Your Action Is B</b>
<p><b>Unnoticed</b> <i>What do you think is happening for your child that they feel unnoticed?</i></p>	<p><b>Attention Getting</b> <i>What is the behavior that your child is demonstrating?</i></p>	<p><b>Annoyed or irritated</b> <i>What is your feeling?</i></p>	<p><b>Choose what you want to do AND THEN do the opposite</b> <i>What do you want to do?</i></p> <p><i>What is its opposite?</i></p>
<p><b>Powerless</b> <i>How is it that your child is feeling powerless?</i></p>	<p><b>Power Struggle</b> <i>What is the power struggle in which your child has you engaged?</i></p>	<p><b>Angry or challenged</b> <i>What is your feeling?</i></p>	
<p><b>Hurt</b> <i>What do you think happened to make your child feel hurt?</i></p>	<p><b>Revenge</b> <i>What is your child=s behavior that is hurtful to you?</i></p>	<p><b>Hurt</b> <i>How are you feeling hurt?</i></p>	<p><b>Apologize</b> <i>What will you say or do to apologize?</i></p>
<p><b>Flawed, inadequate, incapable</b> <i>What do you think has happened to make your child feel less than?@</i></p>	<p><b>Display of Inadequacy or also called Assumed Disability</b> <i>What behavior/s do you notice that let you know your child feels less than?@ Do you hear sighing?</i></p>	<p><b>Lost, don=t know what to do</b> <i>What feelings of being less, @ uncertain or confused do you have?</i></p>	<p><b>Find something they will invest in, something they will try</b> <i>What do you think your child would be willing to try?</i></p>

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

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