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Mistaken Goals

How to tell why your kid is misbehaving



https://youtu.be/48u4NKaK7_E

Mistaken Goals Worksheet



Rudolf Dreikurs

Dreikurs created an amazing tool for understanding mis-behavior in our kids. His framework of mistaken goals maps directly to the 3 needs that support clean motivation in Self Determination Theory, more recent research.

Mistaken Goals Worksheet					
Behavior	Goal	Need	Parent's Response	Child's Response	Notes
Child covers eyes	Attention	Attention	Parent says "No, you can't cover your eyes"	Child covers eyes more	Child is seeking attention through negative behavior.
Child whines	Approval	Approval	Parent says "Stop whining"	Child whines louder	Child is seeking approval through negative behavior.
Child argues	Power	Power	Parent says "You must obey"	Child argues more	Child is seeking power through negative behavior.
Child withdraws	Freedom	Freedom	Parent says "You can't do that"	Child withdraws more	Child is seeking freedom through negative behavior.

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<https://www.positivediscipline.com/sites/default/files/mistakengoalchart.pdf>