

TABLE 10.1 THE FOUR LIFESTYLE PRIORITIES: COMFORT, PLEASING, AND SUPERIORITY

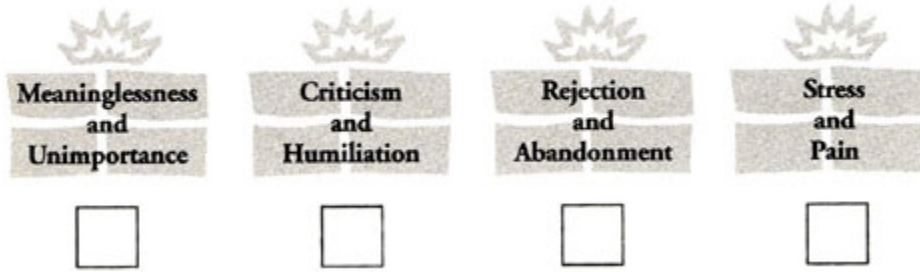
Priority	Worst fear	Believes the way to avoid the worst fear is to:	Assets	Liabilities	Unknowingly invites from others	Creates then complains about
COMFORT	Emotional and physical pain and stress; expectations from others; being cornered by others	Seek comfort; ask for special service; make others comfortable; choose the easiest way	Easygoing; few demands; minds own business; peacemaker; mel-low; empathetic; predictable	Doesn't develop talents; limits productivity; avoids personal growth	Annoyance; irritation; boredom; impatience	Diminished productivity; impatience; lack of personal growth
CONTROL	Humiliation; criticism; the unexpected	Control self and/or others and/or situation	Leadership; organized; productive; persistent; assertive; follows rules	Rigid; doesn't develop creativity, spontaneity, or social closeness	Rebellion; resistance; challenge; frustration	Lack of friends and closeness; feeling uptight
PLEASING	Rejection; abandonment; hassles	Please others; active—demand approval passive—evoke pity	Friendly; considerate; compromises; nonaggressive; volunteers	Doesn't check with others about what pleases them; doesn't take care of self	Pleasure at first and then demands for approval and reciprocation	Lack of respect for self and others; resentment
SUPERIORITY	Meaninglessness; unimportance	Do more; be better than others; be right; be more useful; be more competent	Knowledgeable; idealistic; persistent; social interest; gets things done	Workaholic; overburdened; overresponsible; overinvolved	Feelings of inadequacy and guilt; "How can I measure up?"; lying to avoid judgments	Being overwhelmed; lack of time; "I have to do everything"

TABLE 10.2: HOW LIFESTYLE PRIORITIES MAY INFLUENCE PARENTING AND TEACHING

Priority	Possible parenting assets	Possible parenting liabilities	May need to practice
Comfort	Models for children the benefits of being easygoing, diplomatic, predictable, and enjoying simple pleasures	Permissiveness, which may invite children to be spoiled and demanding. More interest in comfort than in the "needs of the situation"	Creating routines; setting goals; solving problems together; teaching life skills; allowing children to experience the natural consequences of their choices; family meetings
Control	May teach children organizational skills, leadership skills, productive persistence, assertiveness, respect for law and order, time management skills	Rigid; controlling. May invite rebellion and resistance or unhealthy pleasing	Letting go; offering choices; asking curiosity questions; involving children in decisions; family meetings
Pleasing	May help children learn to be friendly, considerate, and nonaggressive, peacemakers, compromisers, volunteers, and champions of the underdog	Doormats, keep score (now you owe me.) May invite resentment, depression, or revenge	Having faith in children to solve their own problems; joint problem-solving; emotional honesty; learn to give and take; family meetings
Superiority	Models success and achievement, teaches children to assess quality and motivates to excellence	Lecture, preach, expect too much; invite feelings of inadequacy and failure to "measure up"; see things in terms of right and wrong instead of possibilities	Letting go of the need to be right; getting into the child's world and supporting needs and goals; unconditional love; enjoying the process and developing a sense of humor; holding family meetings where all ideas are valued

Adapted from Positive Discipline for Preschoolers Facilitator's Guide by Jane Nelsen, Cheryl Erwin, and Roslyn Duffy

LIFESTYLE PRIORITY ACTIVITY



Top Card Presents Activity

1. In the boxes, rank the packages from 1 to 4 with No. 1 being your least favorite

2. My top card is _____ (the box ranked No. 1)

3. My style is _____ (the box ranked No. 2)

4. A bumper sticker for my top card could be:

5. My best assets are:

6. My liabilities are:

7. My top card may invite from others:

8. Specific steps for improvement:
