

## Mistaken Goal Detective Clue Form

1. Think of a recent challenge you had with a child. Write it down. Describe what occurred as though you are writing a script: What did the child do? How did you react? What happened next?
2. What were you feeling when you were in the middle of this challenge? (Choose a feeling from Column 2 of the Mistaken Goal Chart.) Write it down.
3. Now move your finger over to Column 3 of the Mistaken Goal Chart to see if your behavior, as you described it in your challenge, comes close to any of these typical adult responses. If what you did is described better in a different row, double-check to see if there is a feeling in another row in Column 2 that better represents how you were feeling at a deeper level. (For example, we often say we are feeling annoyed when, at a deeper level, we are feeling challenged or hurt, or we might say we feel hopeless and helpless when we really feel challenged or defeated in a power struggle.) How you react is a clue to your deeper feelings.
4. Move your finger across to Column 4. Do any of these descriptions come close to what the child did in response to your reaction?
5. Now move your finger back to Column 1 of the Mistaken Goal Chart. It is likely that this is the child's mistaken goal. Write it down.
6. Move your finger to the right, to Column 5. You have just discovered what may be the discouraging belief that is the basis for the child's mistaken goal. Write it down.
7. Move your finger to Column 6. Does this come close to a belief you have that may contribute to the child's misbehavior? (Remember, this is not about blame, only

about awareness.) While you are learning skills to encourage the child, you will also change your own belief! Try it now by writing down a response that would be more encouraging to the child. You'll find clues in the last two columns.

8. Move your finger to Column 7, where you will find the coded message the child is sending about what he/she needs in order to feel encouraged.

9. Move once more to Column 8, the last one, to find some ideas you could try the next time the child presents this challenging behavior. You can also use the deck of parent or teacher tool cards, and your own wisdom to think of what to do or say that would speak to the coded message in Column 7. Write down your plan.

10. How did it go? Record in your journal exactly what you discovered and what happened. Did the child's behavior change? Did yours? If your plan isn't successful the first time, try another tool. Make certain that in every effort you begin by making a connection before you attempt a correction.