

Feelings First Column

Mistaken Goal Detective

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OBJECTIVE:

To help participants be aware of the possible mistaken goal of their children and to learn ways to be encouraging.

MATERIALS:

- The Mistaken Goal Detective Clue Form for each participant (below)
- A Mistaken Goal Chart How Adults May Contribute (P. 358 in their manual)
- Flipchart (blank poster)

DIRECTIONS:

Part One:

1. Send a copy of the Mistaken Goal Detective Clue form to each participant.
2. Ask for a volunteer to demonstrate going through the Mistaken Goal Detective Clue Form with you while the others follow along.
3. Ask for a volunteer scribe to write the volunteers answers on a flip chart/poster.
4. Read each number of the Mistaken Goal Detective Clue Form to the volunteer and ask the scribe to write the answers on the flip chart/poster.

Part Two:

5. Ask each participant to fill out their Mistaken Goal Detective Clue Form using a real challenge they have had with a child. **Allow about 10 minutes.**
6. Ask them to pair and share in a chat room (including their plan for change). **Allow 10 minutes (5 minutes each).**
7. Ask if anyone would like to share what he or she wrote with the whole group.
8. Invite participants to share what they learned from this activity.

Mistaken Goal Detective Clue Form

with Feeling one Mistaken Goal Chart

1. Think of a recent challenge you had with a child. Describe what occurred as though you are writing a script: What did your 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 1 of the Mistaken Goal Chart.) Write it down.
3. Now move your finger over to Column 2 of the Mistaken Goal Chart to see if your behavior came close to any of these typical responses. If what you did is described better in a different row, double-check to see if there is a feeling in Column 1 in that row 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. Do you want to keep the feeling in No. 2 above, or change it?
4. Move your finger across to Column 3. Do any of these descriptions come close to what your child did in response to your reaction?

Mistaken Goal Detective Clue Form

with Feeling one Mistaken Goal Chart

5. Now move your finger to Column 4 of the Mistaken Goal Chart. It is likely that this is your 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 your child's mistaken goal. Write it down.

7. Move your finger to Column 6. Does this come close to a belief or action that may contribute to the child's behavior? (Remember, this is not about blame, only about awareness.) While you are learning skills to encourage you child, you will also change your own beliefs and actions!

8. Move to column 7 and write down the child's coded message (a general statement about what they need to feel encouraged).

9. Create a plan (using Positive Discipline Tools) that would be more encouraging to your child. You'll find clues in the last column or in your deck of Positive Discipline Parenting Tools. You can also use your own wisdom to think of what you can do or say that would speak to the coded message in Column 7. Write down your plan.