

Teen Mistaken Goal Chart as adapted by Lynn Lott

The goal is:	If you feel:	And tend to react by:	And if the other's response is:	The belief behind their behavior is:	Coded message	Empowering responses include:
Undue Attention (to keep others busy or to get special service) Recognition Issue	Annoyed Irritated Worried Guilty	Reminding Coaxing Doing things for the person he/she could do for him/herself	Stops temporarily, but later resumes same or another disturbing behavior	I count (belong) <i>only</i> when I'm being noticed or getting special service. I'm only important when I'm keeping you busy with me.	Notice Me Involve Me Usefully	Redirect by involving others in a useful task to gain useful attention; ignore (touch without words); say what you will do, "I love/like you and ____." (Example: I care about you and will spend time with you later.) Avoid special service; have faith in others to deal with feelings (don't fix or rescue); plan special time; set up routines; engage others in problem-solving; set up nonverbal signals.
Misguided Power (to be boss) Power Issue	Challenged Threatened Defeated Angry	Fighting Giving in Thinking, "You can't get away with it" or, "I'll make you" Wanting to be right	Intensifies behavior Defiant compliance Feels he/she's won when other is upset Passive power	I belong <i>only</i> when I'm boss, in control or proving no one can boss me. You can't make me.	Let Me Help Give Me Choices	Redirect to positive power by asking for help; offer limited choices; don't fight and don't give in; withdraw from conflict; be firm and kind; act, don't talk; decide what you will do; let routines be the boss; leave and calm down; develop mutual respect; set a few reasonable limits; practice follow-through; use joint problem solving.
Revenge (to get even) Justice/Fairness Issue	Hurt Disappointed Disbelieving Disgusted	Retaliating Getting even Thinking, "How could you do this to me?"	Retaliates Intensifies Escalates the same behavior or chooses another weapon	I don't think I belong, so I'll hurt others as I feel hurt. I can't be liked or loved.	I'm Hurting Validate My Feelings	Acknowledge hurt feelings; turn your feelings of hurt into compassion; calm down and then use joint problem solving; instead of punishment and retaliation, share your feelings and build trust; use reflective listening; make amends; show you care; act, don't talk; encourage strengths.
Assumed Inadequacy (to give up and be left alone) Competence/Skills Issue	Despair Hopeless Helpless Inadequate	Giving up Doing for Overhelping	Retreats further Passive No improvement No response	I can't belong because I'm not perfect, so I'll convince others not to expect anything of me; I am helpless and unable; it's no use trying because I won't do it right.	Don't Give Up On Me Show Me a Small Step	Break task down to small steps; replace all criticism with encouragement; encourage any positive attempt; say you have faith in other's abilities; focus on assets; don't pity; don't give up; set up opportunities for success; teach skills/show how, but don't do for; enjoy the other; build on his/her interests.