

# SESSION 5. Understanding & Redirecting Misbehavior

NEGATIVE APPROACH	THE 4 GOALS OF BEHAVIOR	POSITIVE APPROACH
Undue Attention Seeking	Belonging	Contributing
Rebellion	Power	Independence
Revenge	Protection	Assertiveness/Forgiveness
Undue Avoidance	Withdrawal	Appropriate Avoidance

Redirect your child from a **NEGATIVE APPROACH** to a **POSITIVE APPROACH.**

- Avoid “paying off” misbehavior.
- Encourage, encourage, encourage!

“Everyone should be quick to listen, slow to speak and slow to become angry...”

James 1:19, NIV

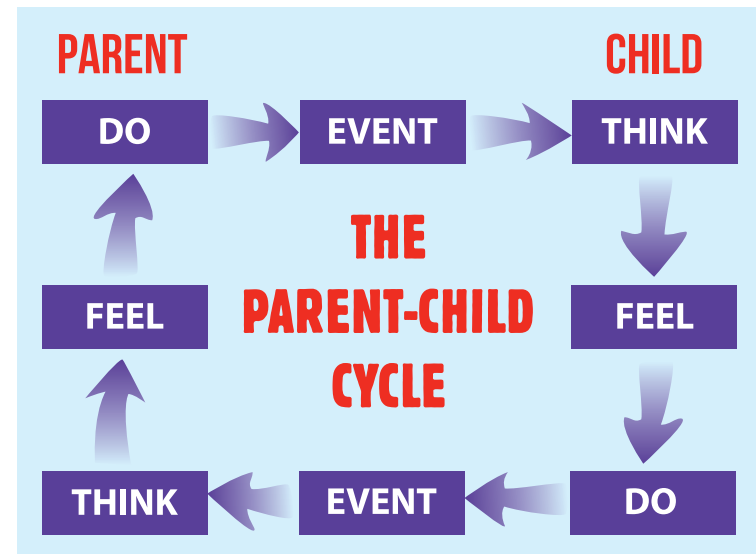
**POWER STRUGGLES:  
DON'T FIGHT & DON'T GIVE IN.**

## USING ANGER POSITIVELY

1. Acknowledge your anger early.
2. Hit the “pause” button.
3. Use self-calming techniques.
4. Act to solve the problem.  
...or...  
Act to change your thinking about the problem.

## THE FLAC METHOD

**F**eelings  
**L**imits  
**A**lternatives  
**C**onsequences



Supplement this video with the *Christian Active Parenting Parent's Guide* and *Parent's Workbook* for in-depth explanation of Christian Active Parenting skills and guided practice to help you put them into action.