



# Misbehavior = attempt to communicate needs

Original Source for this material: *Children the Challenge* by Rudolph Dreikurs, MD

## How to Know the Real Need:

- Your own emotional reaction → Real Issue
- Real Issue → Hidden Need
- Hidden Need → Effective Intervention

Problem Behavior	Adult's Inner Response	Child's / Teen's Hidden Goal	Effective Intervention
Breaks Rules	Annoyance Go away Leave me alone	Attention	Ignore if possible. <i>Preventive</i> positive attention
Breaks Rules	Anger Fight vs. Give-in	Power	Power-Struggle Give Choices & Consequences
Acts angry, does mean things	Feel hurt; Want revenge	Revenge	Discover the hurt & heal it
Refuses to do assignments, tasks or chores	Feel helpless	Display of Inadequacy	Encourage; elicit <i>their</i> problem solving