



ILLUSORY GOALS AND HIDDEN BELIEFS: BETTER UNDERSTANDING STUDENT BEHAVIORS



la fabrique à bonheurs
Académie de la Psychopédagogie Positive

Allagi



TIPS AND RECOMMENDATIONS

1

**DO NOT TAKE THE STUDENT'S
BEHAVIOR AS A PERSONAL ATTACK**

**USE YOUR
EMOTIONS AS A
DECODING TOOL**

2

**PROVIDE HELPFUL
RESPONSES INSTEAD OF
REACTING IMPULSIVELY**

3

4

**REMEMBER THAT
CHANGE TAKES TIME**

5

**TRAIN YOURSELF
AND COOPERATE
WITH YOUR
COLLEAGUES**





REMEMBER THAT CHANGE TAKES TIME



Identifying a mirage goal does not solve the problem overnight. It's the consistency in your attitude, listening, and repeating positive actions that will restore trust.

➔ Consistency is more valuable than perfection.



USE YOUR EMOTIONS AS A DECODING TOOL



In positive discipline, your feelings are a valuable indicator for identifying the mirage goal.

➔ If you feel annoyed, challenged, hurt, or powerless... it's often a sign of a hidden need in the student.



OFFER HELPFUL RESPONSES INSTEAD OF REACTING IMPULSIVELY



Reacting with punishment or annoyance maintains the cycle of misunderstanding. Prefer a targeted educational response:

- offer a role to the student seeking attention,
- provide a choice framework to the one seeking power,
- show unconditional interest to the student seeking revenge,
- encourage the slightest progress of those who feel incapable.



TRAIN YOURSELF AND COLLABORATE WITH YOUR COLLEAGUES



Using the grid is more effective when shared as a team.

➔ Organize feedback sessions, analyze situations, and attend discipline training in class to enrich your professional perspective.



DO NOT TAKE THE STUDENT'S BEHAVIOR AS A PERSONAL ATTACK



A student who provokes, opposes, or withdraws does not act against you, but to try to regain a sense of importance or belonging.

➔ Breathe, step back, and ask yourself: "What is he trying to tell me through this behavior?"



"Positive Discipline"
by Jane Nelsen



Mistaken Goal Chart –
Positive Discipline
Association



"Break the Code of
Misbehavior" - Positive
Discipline

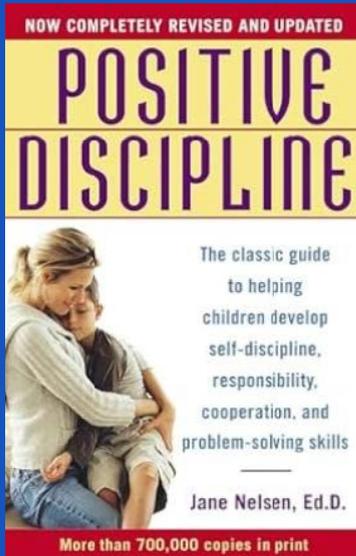


"Classroom Management
Strategies for Disruptive
Behavior" - Study.com



"Research-Backed
Strategies for Better
Classroom
Management"





"POSITIVE DISCIPLINE" BY JANE NELSEN

This foundational book introduces the core principles of Positive Discipline, emphasizing respectful, firm, and kind interactions with children. It includes a detailed explanation of mistaken goals, such as attention-seeking, power struggles, revenge, and assumed inadequacy.



"BREAK THE CODE OF MISBEHAVIOR" - POSITIVE DISCIPLINE

This article from the Positive Discipline website explains how to understand and respond to misbehavior by uncovering the underlying mistaken belief the child is acting on.



MISTAKEN GOAL CHART – POSITIVE DISCIPLINE ASSOCIATION

A practical one-page PDF tool that helps educators and parents identify which mistaken goal might be behind a child's misbehavior, based on how the adult feels and how the child responds to correction.



"RESEARCH-BACKED STRATEGIES FOR BETTER CLASSROOM MANAGEMENT"

When students misbehave in class, finding positive ways to address their behavior can be difficult. Research shows these approaches are most effective.



"CLASSROOM MANAGEMENT STRATEGIES FOR DISRUPTIVE BEHAVIOR" - STUDY.COM

It helps uncover the underlying reasons for the disruption, such as seeking recognition or control, aligning with the "decode the belief behind the behavior" approach of mistaken goals.

