

The Self-Awareness Form

A Practical Discipline Tool for Kids 9 -16

The word discipline comes from the word disciple, or student. When parents are using effective forms of discipline, their intention is to help their children learn how to make more appropriate decisions and behave in ways that are socially acceptable. Punishment, on the other hand, is designed to inflict pain.

In 2010, discipline is very much needed in all homes. Punishment is not helpful in any homes. The use of punishment techniques, often the way parents themselves were raised by their parents, tends to foster resentment, anger, and the desire for payback. We want our children to feel our love and support for them even when they have acted inappropriately and must experience a consequence related to their actions to help them understand the cause and effect nature of how the real-world works.

On the following page is a simple form entitled THE SELF-AWARENESS FORM. When your child has done something you feel is inappropriate, you might consider using this form. The benefits of using it include the following: (1) it takes away a lot of the anger sometimes involved in discipline, (2) it allows you a chance to better understand the child's thinking, and (3) it helps the child reflect upon his/her behavior choices. Here are the directions for use:

- #1 BEFORE you use the form for the first time, when both you and your child are feeling relaxed; explain how the form works, and why you will be using it.
- #2 Make sure that you (the parent) know that a rule has been broken.
- #3 Make sure you are calm when you assign this SELF-AWARENESS FORM to your child.
- #4 The minimum number of words the child will use is assigned by you before giving him the assignment. Consider the age of the child, the ability of the child, and the seriousness of the situation when assigning the minimum number of words to be used. Suggestion: Start with a small amount of words so you can "crank-it-up" in the future if necessary.
- #5 Explain to the child that you feel he/she has made a poor choice of behavior and this is prompting the use of this form.
- #6 Explain that the child must complete it, AND discuss it with you, BEFORE he/she is free to do some of the normal/fun activities they may have planned (like playing outside, calling a friend, etc.)
- #7 Discuss the completed form calmly. At that point, you may decide if you think further discipline is appropriate. Good luck!

Center for Creative Living

Center for Creative Living Self-Awareness Form

Child's name: _____ DATE: _____

Number of words to be used (circle one): 50 75 100 125 150 other_____

(Feel free to use another sheet of paper or a computer if you think it would be helpful.)

#1 What happened?

#2 Who was involved and what was your role?

#3 How were you feeling at the time, and what did YOU do that contributed to the problem?

#4 What was the end result?

#5 How do you feel about YOUR behavior and the choices YOU made?

#6 Did you learn anything from this experience? What?

#7 How might you handle it in the future in a similar situation?

#8 Is there anything I should know or do that would be helpful?

#9 Is there anything YOU can do now to improve the situation, or to bring closure to this event?