



When we think of behaviors as a bad choice we LABEL	When we understand behavior is a response to predicted or perceived threat we can have EMPATHY and SOOTHE
<ul style="list-style-type: none"> • Controls the household • Controls friends • Has to run the show • Has to have everything their way or they erupt, explode, melt down 	<ul style="list-style-type: none"> • Need to control outcomes in the environment and relationships in order to feel safe • Can only feel safe is if things feel “fair” • Very low tolerance for stress, window of tolerance is narrow.
<ul style="list-style-type: none"> • Lying, dishonest • Manipulative • Sneaky • Deceptive • Bullying 	<ul style="list-style-type: none"> • Fear of big reactions from big reactions or harmful consequences from adults are in the way of speaking truth • Fear of being vulnerable, if adults know the truth it will not be okay. • Low Shame Resilience, too much on the line, child feels they cannot afford to be discovered making mistakes
<ul style="list-style-type: none"> • Steals • Takes things that without permission • Wants what is not theirs 	<ul style="list-style-type: none"> • Past experiences have taught the child that in order to survive they must take what they need / want • Child feels responsible for meeting their own needs in order to feel safe • Feeling a need to be first to get needs met or they will go without • Feeling adults do not have their best interest at heart, and a need to take they need without anyone knowing in order to survive
<ul style="list-style-type: none"> • Vindictive • Wants to harm others • Jealous • Vengeful • Lacks empathy • Spiteful 	<ul style="list-style-type: none"> • The world is not a safe place, adults are not reliable or fair. In order to survive, there is a need to protect themselves and make others pay for harming them is a part of that. • Needing justice for the bad things that have or may happen to themselves or those they care about, I have to take matters into my own hands.