

The NO-NO List

How we leak negativity and give energy to symptom behaviors.

1. Giving warnings
2. Giving reminders about the rules
3. Using the word "But"
4. Giving lectures that support the "Failure Portfolio"
5. Leaking fear
6. Leaking doubt
7. Reminding the youth of past failures
8. Reminding the youth about the consequences of (future) mistakes/wrong choices
9. Arguing with the youth/engaging in debate about their behavior
10. Getting into power struggles
11. Being inconsistent with the rules/not enforcing expectations
12. "Missing a moment" to witness a youth's successes...they are all around you!
13. Giving more of your energy to the problems rather than the successes/strengths
14. Leaking negative energy on yourself or other adult caregivers
15. Not staying in the present moment...leaking into past or future failures
16. Not believing EVERY child is capable of a transformation, and that you can help!

