

Build a Child's Character With The Five Golden Rules for Staying Connected to Children

Unit 5

- A. * **First thoughts first-** In the upcoming video section, Dr. Birchak says, "If you don't see good things in the kids you work with - get out!" Ultimately, we have a moral responsibility to ourselves and children to work with them only if we are sincerely invested in the improvement of their lives. What are your plans for your professional career if you realize you are pessimistic toward children? Are you willing to take a risk to improve? Or, take the risk to remove yourself from that career path?

B. Video - 11 Minutes

Golden Rule #3 - Switch From Problem Focus to Solution Focus

Section concepts:

- When a child misbehaves- focus on the appropriate behavior.
 - Avoid lists of "Thall shalt not's"
 - Utilize the two essential ingredients for giving feedback
 - a conducive environment
 - a positive asset search
1. "Misery" is contagious in the workplace and in life. It seems as though the self-persecuting people always find each other, and optimistic people also seem to find each other. In the video Dr. Birchak points out how some people see the glass as half-full, others see it as half-empty, and some see it as half-full *of poison*. When you are troubled,

whom do you seek? All of us have the potential to be whiners or healers- where do you spend most of your energy? Describe one way you can seek out more positive conversation in the world (of course this depends on whether or not you thrive on self-persecution- "Hand me the whip! I need more self-inflicted pain!").

2. *** All adults have been unjustly mistreated by someone in their lifetime. Dr. Birchak described a friend who was mistreated yet chose to solve the problem by letting go, and not harboring resentment. Why is this so difficult to do? Why do so many people (this includes all of us) often choose to harbor resentment instead of letting it go? When you harbor resentment, what does it do for you?**
3. Have you ever been in a situation where you could see it as negative or positive? In the video Dr. Birchak shared the story of the "Disney" escalator. What skill did these women use to get through that situation? How could you increase your ability to regularly access that skill?
4. Describe one habit of thinking you could employ in order to practice focusing on appropriate behaviors instead of inappropriate behaviors.
5. Albert Ellis is the creator of Rational Emotive Behavior Therapy. In his therapeutic model he says that we often use too many *shoulds*, "I should have... I should be doing... People should act this way... Life should be like this..." He says that we put too much energy on unmet needs and what is going wrong rather than on what is going right. Name a time when you were obsessed with a personal error, a personal fault, or someone else's error, or someone else's personal fault. Try to think of one thing you could do to try to eliminate unnecessary obsessions.
6. *** In any confrontation between two people (child-child, child-adult, or adult-adult) there is the possibility for escalating tension or de-escalating tension. What skills do you have for de-escalating tension? Dr. Birchak describes two ingredients for**

effective feedback; a *conducive environment*, and a *positive asset search*. Generate two ideas for how you could increase your ability to do both of these things. In your personal relationships, are you satisfied with the amount of tension you experience in confrontations? What do you most often contribute to these situations?

C. Reading discussion questions for Chapter 3 - Resilience.

D. Reading for the next unit- For the upcoming unit read **Chapter 4** in the book *How to Build a Child's Character- By Tapping Into Your Own* (Birchak, 2004, Royal Fireworks Press, Uniondale, NY)