

Decoding Misbehavior

Practical Application Worksheet

Use these reflection questions to practice becoming a ‘behavior detective.’ The goal is to look beneath the surface and respond to the need, not just the behavior.

Reflection Questions

- 1. Choose a recurring behavior challenge with your child. Describe it in detail — what happens, when, how often.**

- 2. Apply the iceberg model: What might be below the waterline? List at least three possible drivers (unmet needs, feelings, developmental factors, skill gaps, or environmental factors).**

- 3. What emotion do YOU feel when this behavior happens? Use that as a clue to identify which of the four mistaken goals might be operating.**

- 4. Based on your analysis, what is one change you could make to address the root cause rather than just the surface behavior?**

- 5. Track this behavior for one week. Note when it happens, what preceded it, and how you responded. Look for patterns.**

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