

DEFIANT BEHAVIORS

QUICK REFERENCE GUIDE



What's really hiding behind the constant battles?
Learn simple techniques to connect and respond.

WHAT YOU MIGHT SEE

- Refuses to do what is asked
- Always answers with a “no”
- Ignores requests
- Talks back
- Slams doors
- Deliberately does what is “wrong”
- Repeatedly breaks rules
- Never follows directions
- Has a rebuttal to “everything”
- Can never negotiate
- Won't participate in activities
- Generally unhappy more than “happy”
- Makes his own rules

WHAT IS REALLY GOING ON

- Child needs jobs broken into smaller tasks.
- Child might feel overwhelmed.
- Child lacks the ability to problem solve.
- Child struggles to communicate with appropriate words.
- Child struggles to connect thoughts and feelings.
- Child is stuck in negative thought patterns.
- Child has very strong likes and dislikes but is unable to explain why.
- Child might have internal worry or fear.
- Child most likely responds to danger by shutting down.
- Child is telling you they need your help.

THE GOOD NEWS

- Your child knows how to stand up for what they believe in.
- Your child has a strong sense of what is fair and not fair (even if they need help rationalizing).
- Your child has strong leadership qualities.
- Your child is giving you a big S.O.S that they need help.

SIMPLE WAYS TO RESPOND & CONNECT

- Don't take the anger personally.
- Offer choice but be sure to set boundaries for the choices presented.
- Break tasks and activities into smaller chunks.
- Find small ways to connect with your child when they can have control and say in the activity.