

The Power of The Positive Intention

The goal of this Action Point is for you to identify several different inexpedient behaviors that your child has, and then speculate about what the positive intention could be. Do this process with your partner if you have one.

Remember that we can't know for sure if our speculations are correct, but it will start your process of thinking in terms of Positive Intention - and help you understand what is motivating your child.

Think back at any clues your child has given when he/she tried to explain the behavior previously and see if you can derive some kind of positive intention from it.

Remember that the positive intention may no longer be aligned with how your child feels about his behavior today. So you may have to look back at when the behavior started, and speculate about what the goal of that behavior could have been back then.

Intention	Behavior