

Building Confident Families Session II: Understanding Family Behavior

OBJECTIVES

1. Each participating family member describes two needs underlying behavior.
2. Each participating family member identifies his/her feelings as they relate to other family members' needs and behaviors.
3. Each participating family member identifies and gives one example of how his/her behavior can affect other family members.

YA Training

Family Strengthening Skills Training

OBJECTIVES:

1. Understanding human behaviors and needs
2. Understanding our own behaviors and needs
3. Identifying feelings as they relate to others' needs and behaviors

Behaviors That People Like

Vs.

Behaviors That People Don't Like

Understanding Needs & Behaviors

Needs → Behavior

Examples:

Food → Go to fridge to eat

Money → Go to work

Love → XOXO (hug and kiss)

Maslow's Pyramid Of Needs



Linking Needs with Behavior

- 1) You and your co-worker have been working late in the office for several hours on a project that must be completed by the next day. Your co-worker keeps making "stupid" mistakes and threatens to go home and accepts the consequences of not finishing the project.

Needs? → Behavior?

Sleep, food → "Stupid" mistakes;
threatens to go home

Linking Needs with Behavior

2) Your 5 year old brings you a picture they drew for you.

Needs? → Behavior?

Recognition, love → Drew you a picture

Linking Needs with Behavior

3) Your ten-year-old nephew refuses to do his math homework.

Needs → Behavior

Achievement → Won't do homework

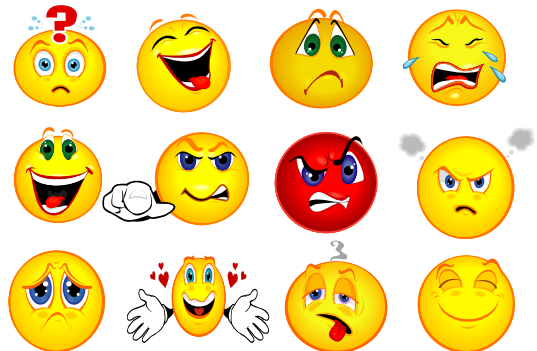
Human Behavior is a Signal

- When our needs are not being met, there is a reaction
- Children (and adults!) may "act out" in order to be "heard"
- Healthy relationships are mutually benefited

It is our responsibility to....

- Read people's "signal"
- Identify and meet people's needs
- Communicate our respect for their needs

Dealing with Feelings about Behavior



To be able to identify our people's needs, we have to be able to recognize and deal with our own feelings about their action.

If we do not do this, we can never take the step back to discover the need that is leading to that behavior.

Stressbusters: Skills for Coping

1. Identify the stressors
2. Manage you feelings
 - Identify → Accept → Express → Decide what you need to feel better
3. Positive attitude (e.g. glass is half full vs. half empty)
4. Investigate possible choices
5. Accept people sometimes make mistakes
6. Take a break
7. One step at a time
8. Plan ahead
9. Discuss the situation with someone else
10. Write in your journal



Steps to Observe People's Behavior

1. Identify people's behavior
2. Identify our own feelings about that behavior
3. Manage feeling with a stressbuster
4. Identify people's needs
5. Take action to meet people's needs

Steps to Observe My Own Behavior

1. Identify our own behavior
2. Who is Affected? How?
3. Identify my needs
4. Take action to fulfill our own needs