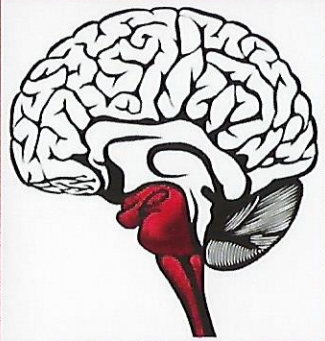


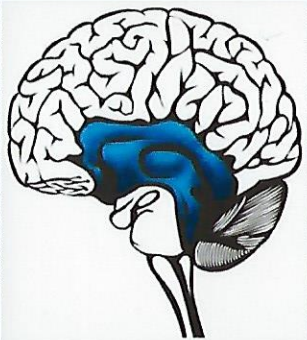
The Brain

from Conscious Discipline



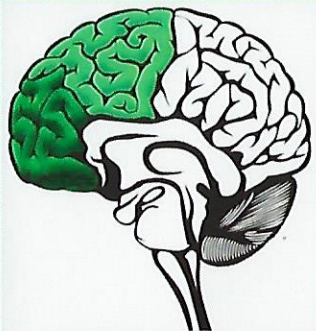
The Survival State- Brain Stem

In this state we are asking: Am I safe?
The developmental need is safety.
A trigger for this state can be a perceived or real threat
Behaviors exhibited in this state are fight, flight or surrender
Structures or skills to use when in this state:
N=Noticing (Your face, arm, etc. is going like this.)
A=Assertiveness (Adult)
R=Routines in pictures
C=Composure (S.T.A.R.)
S=Safe Place



The Emotional State-Limbic Stem

In this state we are asking: Am I Loved?
The developmental need is connection.
A trigger for this state can be things not going your way
Behaviors exhibited in this state are verbal and social aggression, blame & guilt
Structures or skills to use when in this state:
R=Rituals
E=Encouragement
J=Jobs
E=Empathy (You seem _.)
C=Choices
T=The School Family®



The Executive Stage-Prefrontal Lobe

In this state we are asking: What can I learn?
The developmental need is problem-solving in social settings
A trigger for this state can be disagreement
Behaviors exhibited in this state are complaining, problem-solving,
empathy and goal achievement.
Structures or skills to use when in this state:
S= Solutions (Class meetings, Time Machine, P.E.A.C.E. Process)
P=Positive Intent (You wanted...)
A=Assertiveness (Child)
C=Consequences
E=Executive Skills