

What do I (or what does this person) want or need right now?

What is this behavior telling me or others?

Consider the possibilities:

- **I want/need attention/love/affection/affirmation**
 - can be positive or negative
 - can obtain in a positive or negative way
- **I want/need relief from stress/anger/anxiety**
 - can be positive or negative (need to learn to cope)
 - can obtain in a positive or negative way
- **I want/need to belong to the group/approval**
 - can be positive or negative
 - can obtain in a positive or negative way
- **I want to “get even” with someone**
 - mostly negative
 - need to “dig” for the feelings underneath the anger and redirect the student to work toward getting their healthy need met in a healthy way!
 - **I want what I want when I want it!**
 - mostly negative
 - need to “dig” for the feelings underneath the anger and redirect the student to work toward getting their healthy need met in a healthy way!