

Mindset Post-Training Assessment

Self-Reflections Training Tool

Name: _____ Date of Training: _____

Name of Trainer: _____ Location: _____

Check this box if you are willing for us to use your responses as part of future research on the impact of Conscious Discipline on child outcomes and adult mindset shifts. The research will not use your name and your privacy will be protected.

Please rate the following core beliefs as they apply to you following this training.

I believe that:	A. Not at all like me	B. A little like me	C. Somewhat like me	D. A lot like me	E. Completely like me
1. Conflict is a call for help, not disrespect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Children need to be controlled by some outside threat or consequence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. My connection with a child supports positive behavior	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. How I'm feeling affects how I act	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Rules are key to helping children behave	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Children who act out are feeling threatened or unsafe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I will be more successful in my work with children if I am more responsive and less reactive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Supportive discipline is less effective than punishment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. When I pay attention to certain behaviors, children are likely to do them more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. All behavior is some form of communication	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Discipline is a disruption to my day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Feelings are the root of behavior	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. My mistakes are part of everyday life and learning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Children's mistakes are part of everyday life and learning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I have fun helping children learn social skills and positive behavior	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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How true are these inner thoughts for you since completing Conscious Discipline training?
(Check all that apply)

I believe that:	A. Not at all like me	B. A little like me	C. Somewhat like me	D. A lot like me	E. Completely like me
1. Children's refusal to listen to directions is willful misbehavior.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. When a child hurts another child, they need to be punished.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Children who have had a few chances to correct their misbehavior should be punished if the problem continues.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Conflict among children is disruptive and an inconvenience to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Children's misbehavior is the cause of my upset.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What inner speech are you currently willing to practice and use? (Check all that apply)

- I'm safe. Keep breathing. I can handle this.
- You can do it. You can do this!
- What are my two choices? Think of two choices and just get started.
- Are these thoughts helpful or hurtful?
- I feel angry, sad or disappointed. Breathe. I can handle this.
- I wish you well.
- What am I willing to do differently?

Did you experience success in the Conscious Discipline Skills, Powers or Structures you implemented?

- Yes
- No