

Mindset Pre-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.

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	☐	☐	☐	☐	☐
2. Children need to be controlled by some outside threat or consequence	☐	☐	☐	☐	☐
3. My connection with a child supports positive behavior	☐	☐	☐	☐	☐
4. How I'm feeling affects how I act	☐	☐	☐	☐	☐
5. Rules are the key to helping children behave	☐	☐	☐	☐	☐
6. Children who act out are feeling threatened or unsafe	☐	☐	☐	☐	☐
7. I will be more successful in my work with children if I am more responsive and less reactive	☐	☐	☐	☐	☐
8. Supportive discipline is less effective than punishment	☐	☐	☐	☐	☐
9. When I pay attention to certain behaviors, children are likely to do them more	☐	☐	☐	☐	☐
10. All behavior is some form of communication	☐	☐	☐	☐	☐
11. Discipline is a disruption to my day	☐	☐	☐	☐	☐
12. Feelings are the root of behavior	☐	☐	☐	☐	☐
13. My mistakes are part of everyday life and learning	☐	☐	☐	☐	☐
14. Children's mistakes are part of everyday life and learning	☐	☐	☐	☐	☐
15. I have fun helping children learn social skills and positive behavior	☐	☐	☐	☐	☐

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What inner thoughts do you have sometimes? (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.	☐	☐	☐	☐	☐
2. When a child hurts another child, they need to be punished.	☐	☐	☐	☐	☐
3. Children who have had a few chances to correct their misbehavior should be punished if the problem continues.	☐	☐	☐	☐	☐
4. Conflict among children is disruptive and an inconvenience to me.	☐	☐	☐	☐	☐
5. Children's misbehavior is the cause of my upset.	☐	☐	☐	☐	☐

Identify one or two things you would like help with in your day-to-day practice with children:

[illegible]

Thank you for your time completing this reflection tool!