

# WILL YOU JUDGE OR UNDERSTAND MY MISBEHAVING CHILD?

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HAVE YOU EVER BEEN IN A SHOPPING CENTRE, OR ANY PUBLIC PLACE FOR THAT MATTER, AND YOUR CHILD HAS A MELTDOWN? IT'S LIKE ... OMG, HOW EMBARRASSING!

But where does this embarrassment come from?

As humans, it is common practice to build our sense of self-worth and self-esteem based on how the world responds to us. If we receive a positive response from the world, we tend to feel content within ourselves. When we receive a negative response from the world, we tend to feel anxious and uncomfortable within ourselves. Unfortunately this is a very HARMING approach to life. Harming for us as adults and very harming for our children and future generations. This approach guarantees poor self-esteem and a life-long sentence to living anxiously. This approach is ensuring how we feel about ourselves will always be out of our control as it is dependent on how another person is judging us right now. **GUARANTEED ANXIETY!**

The fact is our child who is misbehaving (publicly or privately) is using this behaviour in response to the way they are experiencing the world. Yes, their behaviour might be embarrassing, but only if we care about the opinions of those around us who are choosing 'judgment' over 'understanding'.

**What we could remember:**

- People who judge other people also are very judgmental about themselves.
- To truly change behaviour we must develop understanding and eliminate judgment.
- People's unwanted behaviours are ALWAYS happening for a reason.
- Unwanted behaviour is used in response to a person's current experience of life. If we

find something in life challenging, unwanted, difficult or uncomfortable in any way then our anxiety levels will increase.

- Increased anxiety = behavioural deterioration and use of unwanted behaviours.

**So instead of becoming embarrassed and adding to the judgment that is and will always come from society (which we cannot control) we could simply ask:**

1. I wonder what is going on for my child right now?
2. What part of life is my child NOT feeling equipped to manage?
3. If I am my child's teacher (which I am) and my role is to teach my child how to develop the skill to respond to life (which it is)... what skills does my child need to be taught now or in the future that will help them feel more equipped to manage this part of life?
4. How can I support my child to evolve and develop right now?

**Further to this, when I see, hear or feel the judgment from the others I can simply say:**

1. This judgment is absent of understanding.
2. This judgment does not belong to me, it belongs to the other person.
3. My role is purely to understand my child, not judge, and to teach and show my child another way.

With this approach, you support yourself and you support your child. You both feel met as you have learnt to meet yourselves and not rely on the outside world to complete and judge you.

With this approach you replace any judgment with understanding. With understanding, you open the pathways for learning and thus long-term behaviour change for you and your child!

You can choose judgment, which results in ongoing reactions and meltdowns for yourself and your child or you can choose understanding and teaching, which allows for long-term behaviour change.

But, you can never change another person's behavior. They can judge all they like. You just choose whether you let their judgment impact on you!

It's your choice.

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**FABIC Director:** Tanya Curtis leads a team of psychologists who all employ the unique Fabic methodology based on supporting people to understand & change unwanted behaviour. For general enquiries email [info@fabic.com.au](mailto:info@fabic.com.au) or call 07 5530 5099.

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