

Managing Roles

Punishment → → **Discipline**

Negative Controlling Behaviors Positive Controlling Behaviors Applied Consequences Restitution

Punisher	Guilter	Buddy	Monitor	Mentor
Threats, Force	Shame, Embarrassment	Praise, Fun	Logic, Warnings	Help, Teaching
You can't get away with this!	How could you do this to me?	Do it for me.	If you do this, that will happen.	What's your plan to fix it?
I can make you feel bad.	I can make you feel bad or good.	I can make you feel good	You can make you feel bad by misbehaving.	You can make you feel good by fixing it.
Resentment Anger Rebellion	Poor Self-Esteem Self-Criticism Shame, Guilt	Dependency Disappointment	Conformity Passive-Aggressive	Strength Healthy Self-Esteem

adapted from Diane Gossen's Restitution