



OPPOSITIONAL DEFIANT BEHAVIOR

Behavioral Responses

1. Has a tendency to feel easily rejected and hurt, and at those times tends to deal with this by acting out in angry and hurtful ways with others. In dealing with this it would be helpful to [understand the underlying feelings](#) he/she has, and address these feelings. He/she will need to have limits set on his/her hurtful behaviors, but not in a manner that would be responding to him/her in a hurtful, attacking way as this will only reinforce his/her cycle of being hurt again and acting out on this.
2. In dealing with his/her oppositional/noncompliant behaviors, it will help to utilize natural / logical consequences as feasible, and offer him/her choices where available. Limit the amount of verbal interactions with him/her at this time. Instead focus on giving him/her the choices, backing off, and then applying the consequences by taking action. Try not to remind, nag, coax, etc. with them or they will use this to focus responsibility on someone else other than themselves.
3. In dealing with [power struggles](#), they can best be avoided by:
 - a. Paying attention to their underlying feelings and motives.
 - b. Showing him/her respect and giving him/her as much power and control as feasible through choices and responsibility for his/her own behavior.
 - c. Understanding that regardless of the outcome of a power struggle, it always leaves at least one person feeling inadequate.
 - d. Giving the information to him/her and then backing off to give him/her some time and space to make a decision.
 - e. Trying not to focus on small things with him/her. Focus on the relationship with him/her, as this is often an important key for him/her in being cooperative.
 - f. Remembering that not all problems need to be solved immediately.
 - g. Being aware of your goal. It's not a win-lose situation and there may be more than one way to attain the same goal.
 - h. Avoiding confrontations when angry.
 - i. Being aware that using power to control, this will only reinforce his/her belief that power and control over others is valuable, as opposed to responsibility and control for his/her own behavior.
4. In order to deal with his/her poor anger control, allow him/her to take a "time-out" from anger-provoking situations to regroup, calm down, and regain control of his/her responses. Allow him/her the opportunity to be able to ask for this for him/her-self when needed. Do not allow him/her to use this as an escape from dealing with problems or following through on limits/consequences.
5. Acceptance by and spending time with peers is an important element for him/her in terms of feeling good about him/her-self. It may be helpful for him/her to be involved in some peer groups (such as team sports, youth groups, boy scouts, etc.) in order to provide him/her opportunities to have positive peer support groups. He/she may also benefit from being able to earn special time with peers (going skating, having them over, going to their house, phone calls with friends, etc..) as part of a positive reward system.



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