

Seven Skills of Discipline

The Seven Skills of Discipline are the *only* skills needed to transform everyday discipline issues into teaching moments.

The Foundation of Problem-Solving

Ever felt at a loss for how to deal with power struggles, defiance, verbal attacks, bullying or physical aggression? Have you ever wondered what would help children stay on task, pay attention and finish their work?

The Seven Skills of Discipline are the only skills we need to transform these everyday discipline issues into teaching moments. These moments are our opportunity to teach children the social-emotional and communication skills necessary to manage themselves, resolve conflict, prevent bullying and develop pro-social behaviors.

The seven skills are Composure, Encouragement, Assertiveness, Choices, Empathy, Positive Intent and Consequences.

The seven skills emerge from the foundation of the Seven Powers for Conscious Adults. As we become more conscious of our reactions to conflict, we can choose a different response. The seven skills teach you to respond to conflict in a way that helps children move from the resistant, lower centers of their brain to the more cooperative, higher centers.

The chart below shows how each of the Seven Skills of Discipline, when utilized consciously, yields critical core values and life skills.

CONSCIOUS SKILL (emerges from powers)	LIFE / COMMUNICATION SKILLS	VALUE
Composure	Anger management, delay of gratification	Integrity
Encouragement	Pro-social skills: kindness, caring, helpfulness	Interdependence, optimism, gratitude
Assertiveness	Bully Prevention, healthy boundaries	Respect for self and others
Choices	Impulse control, goal achievement	Persistence
Empathy	Emotional regulation, perspective-taking	Honoring diversity, honesty
Positive Intent	Cooperation, problem-solving	Compassion, generosity
Consequences	Learning from your mistakes	Responsibility

By implementing the powers and skills together, we learn to stay in control of ourselves and in charge of children in a manner that models the same skills we seek to teach. This, combined with the willingness generated by the School Family, empowers children to successfully learn and internalize lifelong skills.

Conscious Discipline's original application is in the classroom, but these methods apply seamlessly to all human interactions. Conscious Discipline has the power to affect every relationship. It now includes a program designed specifically for parents.

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