

## **PUNISHMENT vs. LOGICAL CONSEQUENCES**

Punishment may be abusive. Punishment teaches the child undesirable ways of dealing with frustration. It is a teaching process which usually reinforces failure identity. It is essentially negative and short term without sustained personal involvement. The parent may act out their own anger or project their own stress onto the child. Physical abuse as punishment will leave bruises or marks on the child. It reduces the child's self esteem rather than teach desirable behaviors. Often the punishment is negative attention. Negative attention may be better than none at all and may act as a payoff, strengthening the undesirable behavior. Punishment teaches the child to avoid the parent. Punishment tells a child what not to do, does not move a child toward a more desirable behavior.

Punishment expresses the power of personal authority; it is usually painful and based on retribution or revenge.

Punishment is arbitrary or barely related to the logic of the situation.

Punishment is personalized and implies moral judgment.

Punishment is concerned with past behavior.

Punishment threatens the child or adolescent with disrespect or loss of love.

Punishment demands obedience.

Logical Consequences teach acceptable and unacceptable conduct. It is used for limit setting and helps to increase self-esteem. It also helps the child to develop responsibility. It is an active teaching process involving close, sustained personal involvement. It emphasizes teaching ways to act that will result in more successful behavior. It can be difficult and time-consuming.

Logical consequences express the reality of the social order.

Logical consequences are related to the misbehavior.

Logical consequences are impersonal: they imply no moral judgment.

Logical consequences are concerned with present and future behavior.

When Logical Consequences are invoked, the parent's voice is friendly and implies good will.

Logical consequences permit choice.

Logical consequences is an active teaching process involving close, sustained personal involvement. Emphasizes teaching ways to act that will result in more successful behavior.

Always ask yourself, "*Am I in a Reactive, Impulsive mode right now, or can I stop, THINK, and Respond in a thoughtful and loving way?*" The choice is yours.