

THE CONFLICT CYCLE PARADIGM
THE SEQUENCE OF THE CONFLICT CYCLE
or
How Untrained adults inadvertently create power struggles and reinforce a troubled student's self-fulfilling prophecy

1. A stressful event occurs (i.e. frustration, failure) which **ACTIVATES** a troubled student's irrational beliefs (i.e., "Nothing good ever happens to me!" "Adults are unfair!")
2. These negative thoughts determine and **TRIGGER** his feelings.
3. His feelings and not his rational forces **DRIVE** his inappropriate behavior.
4. His inappropriate behaviors (yelling, threatening, sarcasm, refusing to speak) **INCITE** adults.
5. Adults not only pick up the student's feelings, but also they frequently **MIRROR** his behaviors (yell back, threaten, etc.)
6. This negative adult **REACTION** increases the student's stress escalating the conflict into a self-defeating power struggle.
7. Although the student may lose the battle (i.e. he is punished), he wins the war! His **SELF-FULFILLING PROPHECY** (i.e. irrational beliefs) is **REINFORCED** and therefore, he has no motivation to change or alter his beliefs or his inappropriate behaviors.