



## Reflection: Avoiding Power Struggles

Take a moment to make sure your plan is going to work.

### Ask yourself the following questions:

Have I taken time to identify what types of behaviors trigger an emotional response for myself?

Yes No

Am I being consistent with implementing the tactics to avoid power struggles?

Yes No

Have I practiced any tactics for disengaging, interrupting, or deescalating that I haven't tried before?

Yes No

Do I need to work on the individual relationship I have with any particular students?

Yes No

Have I considered multiple possibilities for what is motivating the undesired behavior?

Yes No

If you answered "No" to any of these questions, identify at least one action that you can take to make progress in that area. Reviewing the [Dodging the Power-Struggle Trap](#) article might be helpful.

Complete the following sentences in your own words:

**It is important for me to make this happen in my classroom because...**

**I am confident that I can successfully avoid power struggles because...**