

Positive Behavior Support

Training Topic

Keeping Perspective – “You” and “I”

We recently shared the topic of reframing. Reframing is essentially changing how we think about the challenging behavior. Following is a poem by Elaine Popovich. It is, in a sense, a bit about reframing. It also helps us to keep our thoughts and services in perspective.

You and I

I am a resident. You reside.

I am aggressive. You are assertive.

I have behavior problems. You are rude.

I am non-compliant. You don't like being told what to do.

When I ask you out to dinner, it is an “outing.” When you ask someone out, it is a date.

I do not know how many people have read the process notes written about me. I don't even know what's written in the notes. You didn't speak to your best friend for a month after they read your personal journal.

I make mistakes during my check writing program. Someday I might get a bank account. You forgot to record some withdrawals from your account. The bank called to remind you.

I wanted to talk to the nice looking person behind us in the checkout line at the grocery store. I was told that it was inappropriate to talk to strangers. You met your spouse in the produce department. They couldn't find the bean sprouts.

I celebrated my birthday with five other residents and two staff members. I hope my family sends me a card. Your family threw you a surprise party. Your brother from another state was able to attend. It sounded wonderful.

My case manager sends a report every month to my guardian. It says everything I did wrong and some things I did right. You are still angry that your sister called your mom after you got that speeding ticket.

I am on a special diet because I am five pounds over my ideal body weight. Your doctor gave up telling you.

I am learning household skills. You hate housework.

I am learning leisure skills. Your shirt says you are a “couch potato.”

After I do my budget program tonight, I might get to go to McDonald's if I have enough money. You were glad that new French restaurant accepted credit cards.

My case manager, psychologist, RN, occupational therapist, physical therapist, nutritionist, and house staff set goals for me for next year. You haven't decided what you want out of life.

Someday I will get discharged, maybe. You will move onward and upward.