

The Crucial 'C's

Connect	I need to believe I have a place: I belong
Capable	I need to believe I can do it
Count	I need to believe I can make a difference
Contribute	I need to believe I have something to offer

When I connect I:

Feel: Secure
Do: Reach out
Make friends
Co-operate

When I don't connect I:

Feel: Insecure, isolated
Do: Susceptible to peer pressure
May try to get **attention** in negative ways

I need **effective communication skills**

When I am capable I:

Feel: Competent
Do: Exhibit self-control
Develop self-reliance

When I am not capable I:

Feel: Inadequate
Do: Try to control others or become defiant
May become dependent
Seek **power**

I need **self-discipline**

When I count I:

Feel: Valuable
Do: Contribute

When I don't count I:

Feel: Insignificant, hurt
Do: May try to hurt back or show pain
May seek **revenge**

I need **responsibility**

When I contribute I:

Feel: Equal, confident, hopeful
Do: Face challenges
Willing to try
Develop resiliency

When I don't contribute I:

Feel: Inferior, defeated, hopeless
Do: Give up
Use **avoidance**

I need **good judgement**

(Adapted from Lew and Bettner 1995 The authors grant permission for this chart to be copied for educational purposes)