

# DISCIPLINE RESEARCH

## Discipline Techniques That Backfire

- Yelling
- Saying "I'm the boss here!"
- Insisting on having the last word
- Using sarcasm
- Acting superior
- Using physical force

***Using tense body language,  
such as rigid posture or clenched hands***

***Using degrading, insulting, humiliating,  
or embarrassing put-downs***

- Drawing unrelated persons into the conflict
- Backing the student into a corner
- Pleading or bribing
- Bringing up unrelated events
- Making unsubstantiated accusations
- Holding a grudge
- Nagging
- Throwing a temper tantrum
- Mimicking the student
- Making comparisons with siblings or other students