


**FIGURE 1.3** How to Stop the Downward Spiral—Reframing One’s Thinking

How to **Stop** the Downward Spiral

WHAT THE STUDENT NEEDS TO THINK OR UNDERSTAND . . .	 <b>POSITIVELY REFRAMING THE MINDSET</b>	WHAT THE TEACHER, PARENT OR PEER NEEDS TO THINK OR UNDERSTAND . . .
<p>“What are some things I like about school (i.e., getting breakfast, lunch, snacks and food for the weekend; I like this teacher; being with my friends).”</p>		<p>“What are this student’s strengths?” (i.e., What is he or she good at academically, socially, and behaviorally?)</p>
<p>“I need to tell the teacher that I am having trouble with the assignment. I do want to learn.”</p>		<p>“What is happening that is causing the student to seem to not care about schoolwork?”</p>
<p>“I do not mean to do some of the things that I do; I just can’t seem to help it.”</p>		<p>“Could this student have an executive functioning difficulty?”</p>
<p><b>NEXT STEPS</b></p>		
<ul style="list-style-type: none"> <li>• Make a commitment to help the student exit the Downward Spiral.</li> <li>• Reach out to professionals and other resources regarding how to proceed.</li> </ul> <p>Note: Review the 7-Step Model for help in this regard.</p>		