

Personal Check-In: Your Attitude Towards Discipline

Reflect on your attitudes toward discipline. Think how you feel when you are disciplined by an authority figure as well as how you feel about disciplining employees.

1. When I am disciplined by an authority figure, I feel

(Examples: threatened, uncomfortable, comfortable, relieved, etc.)

2. When I am disciplined by an authority figure, I immediately

(Examples: listen, defend my position, refuse to accept responsibility, look for excuses, etc.)

3. Following the disciplinary process, I

(Examples: change behavior, make no changes, etc.)

4. When I need to discipline an employee, I feel

(Examples: prepared, uneasy, confident, threatened, etc.)

5. During the disciplinary process, I expect the employee to

(Examples: listen, look at me, get angry, storm out of the room, etc.)

6. Following the disciplinary process, I expect an employee to

(Examples: change behavior, make no changes, etc.)