

The Difference Between Discipline and Punishment

Discipline:

- Training or learning that develops strong character, self-control, and moral capacity.
- Training that empowers a person to learn from mistakes and be equipped for success next time.

The Eight Characteristics of Discipline

1. Provides direction and correction.
2. Values learning from mistakes.
3. Focuses on the future.
4. Attitude of love and support.
5. Directed at the behavior.
6. Promotes security and self-control.
7. Parents invest time and effort.
8. Manageable for parent and child.

Child Learns:

- responsibility
- self-control
- to be a learner
- to recover from mistakes
- to see self as a winner
- to see self as okay
- positive self-identity



Punishment:

- Imposing a penalty for breaking a rule or the law; often in retaliation.
- Dealing with roughly or harshly; castigating.

The Eight Characteristics of Punishment

1. Inflicts a penalty.
2. Requires perfection.
3. Focuses on the past.
4. Attitude of anger and retaliation.
5. Directed at the individual.
6. Promotes fear, resentment and anxiety.
7. Dismissive. Not investing time.
8. Overwhelming.

Child Learns:

- not to get caught
- to avoid punishment
- to lie and be sneaky
- to manipulate the system
- to see self as a failure
- to see self as not okay
- negative self-identity