BEHAVIOR MANAGEMENT FOR 21ST CENTURY PROFESSIONALS

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It was once quoted that “If you want your attitude to be changed, start changing your behavior”. Not only some among us struggle with our own behavior or with others’ behavior, but almost all people are going through an emotion that sometimes are inexplicable. Most people tend to blame or see others’ people action without them knowing their own self, their own actions. With that, we find dealing with other people is a very difficult thing, we might also conclude how misbehaved people are. We can’t help but show same reactions, share same attitudes and in the end, we tell ourselves we are becoming worse because of them, that sometimes, we in ourselves cannot recognize our own actions. We used to put everything that’s happening to us, the change in our attitude, the way we think, the good and bad things in our life, all because of others. If you’re not satisfied with your own attitude, then change! Start with your own behavior, start changing how you deal with others and most importantly, act, behave and decide based on who really you are and where you will be at ease and not based on the kind of people around you.

I have also read a quote which goes something like this, their attitude is who they are but they behavior depends on whom they’re talking or dealing with. Mismanagement of behavior is the problem, we might be behaving differently depending to the people around us, but we must uphold our attitude or otherwise do not blame others, do not depend your behavior on them but you, yourselves have to change your own behavior, your way of dealing with others disregarding what kind of people they are. Dealing with
different people everyday is an everyday battle. We must be equipped with our own life’s philosophy and keep it, no matter what.

There are six (6) safe and effective behavior management we can adopt for keeping ourselves calm and professional during challenging situations:

1. **Be Mindful of Our Own Reaction.** We should always keep in mind that our behavior affects the behavior of others, and this makes it very vital component in managing our behavior. If we know this, we can establish good relationship and even motivate our others to become better and de-escalate difficult behavior, we may also help them regain themselves as well.

2. **Maintain Rational Detachment.** When you are detached rationally, you can control your emotions and not take negative comments or actions personally. Without this, the group may behave instinctively or defensively which will escalate an undertaking. This will keep you encouraged of behaving positively.

3. **Be Attentive.** When people feel of being ignored, they tend to act out. Pay attention, and give plenty of personal space, let them feel recognized and appreciated and it must be seen in your facial reactions and body language. Otherwise, you will make them feel upset and intimidated talking with you.

4. **Use Positive Self – Talk.** You must give yourself encouraging words in times that you will be put in an outburst and push yourself. Remind yourself that you might be the one causing it and you’re the only one who can fix the struggle.

5. **Recognize Your Limit.** You can’t really handle everything, there’s always limitation. Handle it appropriately, accept your limits and don’t be ashamed of admitting that there is someone who can handle it better.
6. **Debrief.** In any circumstances, it is very significant. Talk with someone about what happen and this will lessen the stress, you will also come up with other possible and better ways on handling such situation next time.

Recently, it’s not always them, most of the time it’s ours, it’s how we deal with our own attitude and our way of behaving towards others. Choose to be better all the time.

Reference:

Eilers, Emily (2012). **Behavior Management Strategies.**