

**DISCIPLINE AND SELF-DISCIPLINE  
HAVE COMMON CHARACTERISTICS,  
AND YET ARE VERY DIFFERENT.**

***HOW ARE DISCIPLINE AND SELF-DISCIPLINE  
ALIKE AND DIFFERENT?***

**DISCIPLINE**

- Rules or regulations established by authorities to help bring order.
- Extrinsic motivation:  
What others do to me.
- Needed when others cannot act appropriately. (Big Three)
- Needed almost exclusively until a child is developmentally five.
- Consequences or disciplinary actions may be the same for all.

**SELF-DISCIPLINE**

- The ability “to wait” to Think, Restrain impulsivity, Delay an immediate gratification of need.
- Intrinsic motivation  
What I do for myself.
- Skills that can be learned to help people grow up.
- Can be internalized when a child is developmentally five.
- Consequences can change depending upon:
  - Circumstances
  - Motives
  - Intentions

- Designed to teach acceptable standards.
- Builds character and personality traits.
- Can help inform conscience.
- Sets emotional limits to help people feel secure.
- Can build self-esteem.

- Designed to teach acceptable social standards.
- Builds character and personality traits.
- Can help inform conscience.
- Sets emotional limits to help people feel secure.
- Can build self-esteem.

*Attitude and intention will make the difference in whether children view adults as disciplinarians or teachers of self-discipline.*

**DISCIPLINE  
WITH  
PURPOSE**

