Say Yes to No: The Importance of Self Discipline

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Self discipline is twice as strong a predictor of school success as intelligence. And it’s eroding in our kids. Powerful cultural messages that scream “More, Fast, Easy, and Fun” are making it difficult for children to develop the skills of self discipline. The result is a growing epidemic of Discipline Deficit Disorder, or DDD, with symptoms including distraction, disrespect, impatience, sense of entitlement and self centeredness. Dr. David Walsh explains that regaining the ability to Say Yes to No is not only important for our kids’ well-being but essential for improving classroom performance and ensuring our country’s economic future.

Objectives
1. Participants will be able to explain why self discipline is so important for children’s success and happiness.
2. Participants will be able to list three myths of self esteem.
3. Participants will be able to contrast effective praise with ineffective praise.
4. Participants will be able to name three different parenting styles and identify the style most effective in fostering self discipline.

1. No: Why Kids Need It
   a. No. A small but important word
   b. Basis of self discipline-the key success trait for children
      i. Marshmallow experiment

2. Saying “No” in a “Yes” Culture
   a. More
   b. Fast
   c. Easy
   d. Fun

3. Discipline Deficit Disorder (DDD)
a. Distraction
b. Culture of disrespect
c. Impatience
d. Inability to Delay Gratification
e. Sense of Entitlement

4. The Stakes Are High
   a. Classroom Success
   b. International Competition
   c. Workforce Readiness

5. Self Esteem and Self Discipline
   a. Self esteem misunderstood—the four myths of self esteem
      i. Self esteem = feeling good
      ii. Praise builds self esteem
      iii. If I feel good about myself good things will happen
      iv. Challenge and disappointment harm self esteem
   b. Self esteem and competency
   c. Self esteem and No

6. Effective and Ineffective Praise
   a. Praising effort is more helpful than innate talent.
   b. Praise should be specific.
   c. Praise should be sincere.
   d. Praise should not be overdone.

8. Self will, independence and limits
   a. Gold fish crackers versus broccoli experiment
   b. Children outsource self-management

10. Limits and Consequences
    e. Choice
    f. Avoidance of power struggles, criticism, and put downs

11. No and the Teenage Years
    a. The teenage brain
    b. Impulsivity, rebellion, risk taking and No

12. No Is Not a Destination. It is the Road to Yes.