

MODE	ATTITUDE	WORDS	POSTURE, ETC	EXAMPLE
Critical	fault finding, adversarial, expect obedience, punitive, knows best, threats, warnings	'have to' 'should' must' 'never'	standing over, wag finger, hands on hips, condescending, frowning	"Get out of my classroom – you never do as you're told – and don't bother coming back until you can behave"
Structuring	firm, inspiring, empowering, set limits, show expectations, give security, keep boundaries	'will' 'expect' (clear)	controlled, solid, boundaried, focussed, decisive	"Billy you know the rule about talking when I'm talking, please listen so you will know what to do next"
Marshmallowy	fussing, over-protective, smothering, over-indulgent, sugary, too close	'let me' 'poor thing' 'I'll help you'	soothing, touching, leaning over someone	"Don't worry if you can't do it Billy, I know you're having a bad time at home."
Nurturing	encouraging, empathic, accepting, appreciative, understanding, available	'like' 'care' 'well done' 'do you want my help?'	open posture, smiling, concerned / comforting	"Billy I know it's difficult to concentrate, come on, I'll help you get started"
Adult	aware, objective, logical, practical, alert, thoughtful, receptive	'how' (questions, discussion)	relaxed, interested, observant, eye contact	"OK, Billy, the rest of us are trying to get on with the work. Do you want to carry on here and finish it, or carry on at break-time with me?"
Cooperative	friendly, considerate, assertive, diplomatic, respectful, confident	'please' 'thanks' 'help' (asking, listening)	attentive, restrained, polite, willing, sharing	"What is it you need help with, Billy? Well done for putting your hand up"
Compliant / Rebellious	conforming, anxious, pleasing, whiny withdrawn / obstinate, rebellious, defiant, aggressive	'can't' 'won't' 'try' 'wish'	collapsed, closed, pouting, demanding, swearing, shouting	"No, you can't go to the toilet! I'm fed up with you mucking about in my classes"
Spontaneous	playful, creative, energetic, vital, expressive, motivated, curious	'wow' 'great' 'fun' 'want'	loose, unselfconscious, enthusiastic, head on one side, happy	"Right, come on, you lot. Let's have a race. Whoever gets the answer to question two first can choose what we do for the last five minutes"
Immature	irresponsible, selfish, careless, inconsiderate, thoughtless	'won't' 'me' 'my' 'no'	out of control, inappropriate, emotional, over loud	"Well, let them wait in the cold. I've got my coffee to finish"

Characteristics of Modes

(from *Improving Behaviour & Raising Self-esteem*, Barrow, Bradshaw & Newton, 2001. The material is based on Woolams & Brown's original concept and recognises the educational emphasis introduced by Susannah Temple's Functional Fluency Model)