



Practicing Affirmations Exercise

Don't miss an opportunity to offer an affirmation to your teen or young adult child – even when they are still doing other unwanted behaviors. Here are some tips:

What can you think of right now that you can notice about your child? Focusing on what they are doing right reinforces that behavior and increases the probability of it happening again.

- Acknowledge effort: _____
- State your appreciation: _____
- Notice your child doing something right: _____
- Offer a compliment: _____
- Express hope, caring and support: _____

