

CREATING SUPPORTIVE STATEMENTS

The SPACE Program focuses on learning how to create supportive statements. In a supportive statement you include the two critical elements of support: acceptance & confidence (that they can get through it). Use this worksheet to practice changing these statements into supportive statements.

OLD STATEMENT:

You just have to power through it.

Confident

NEW STATEMENT:

It's hard, but you have the power to get through it.

Accepting Confident

OLD STATEMENT:

We'll go with you so you don't have to be scared.

Protective

NEW STATEMENT:

We know it feels scary, but we know you can get through it.

Accepting Confident

OLD STATEMENT:

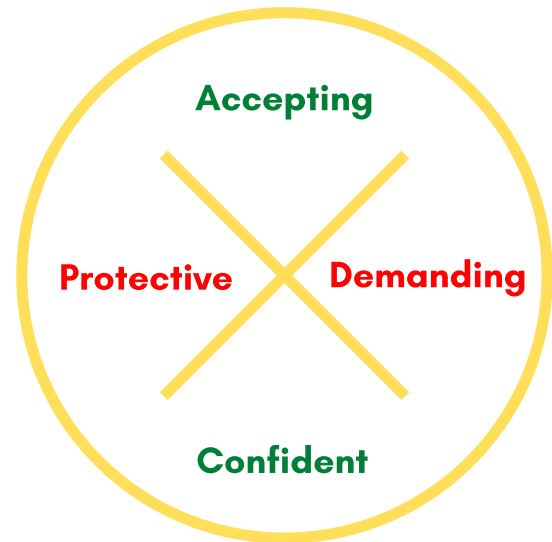
You have always been scared of doing that.

Protective

NEW STATEMENT:

I know that's scary for you, but I know you'll be able to handle it.

Accepting Confident



Now you practice:

OLD STATEMENT:

Swimming has always been hard for you.

Protective

NEW STATEMENT:

OLD STATEMENT:

We are late every day because you don't want to go to school.

Demanding

NEW STATEMENT: