

WN4DC

Mini-counseling course

7 Things to Affirm



About This Course

This webinar will review 7 Things to Affirm.

Please download the handout for your review.



Learning Objectives

- To list 4 of the 7 behaviors and abilities to affirm in clients
- To use either Reflections or Affirmations to support the clients behaviors or abilities with clients



Reflecting the Struggle

Reflect back or affirming the deeper desire requires you to pull for the **DESIRED** change, not repeating the struggle.

In this example, **we are going to pull towards the struggle.**



- I was told to eat a snack after dinner. ***This is hard for you to eat all these snacks.***
- I know that I am supposed to read labels. ***All these rules are confusing you.***
- My doctor is mad that I'm not testing my blood sugar. ***But you don't want to check.***
- I'm afraid of about how much my medication cost. ***So you aren't going to take it.***

Reflecting the Desire

Reflect back or affirming the deeper desire requires you to pull for the **DESIRED** change, not repeating the struggle.

In this example, **we are going to pull towards the desire.**



- I was told to eat a snack after dinner. ***You want to know if this is still true for you now.***
- I know that I am supposed to read labels. ***You want to be sure you are reading them correctly.***
- My doctor is mad that I'm not checking my blood sugar. ***You are curious how this is helpful.***
- I'm afraid of about how much my medication cost. ***You want to better budget your medical costs.***

Pause and Reflect



Practicing Affirmations

Affirmations are reinforcing the desire to leave the status quo, aka change.

They work hand-in-hand with **Reflections**



Practicing Affirmations

Affirmations or **Reflections** can be offered after an OEQ.

Affirmations are careful not to sound like an off loading response.

Affirmations are acknowledging effort or steps taken.



Pause and Reflect



7 Things to Affirm

1. The **DESIRE** to change towards self-care and self-kindness.
2. The ability to **SEE CHOICES** or **OPTIONS** aren't tied to restriction of deprivation.
3. The **ABILITY** to identify sustainable steps toward change.
4. The willingness to **COMMIT to SELF-CARE** vs. being a specific weight or size.
5. **ACTION.**
6. The **EFFORT** to engage in self-care despite the surrounding diet-culture.
7. The **INSIGHT** after reflection of goals and values.



Affirming after an OEQ

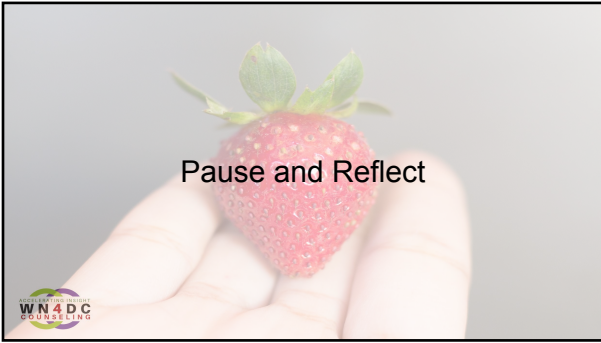
- What types of snacks do you enjoy after dinner? *Great! You have lots of snack ideas.*
- What is helpful about reading labels? *You have a clear understanding of nutrition.*
- Describe when you check your blood sugar. *Wonderful, you are really committed to checking*
- Describe any financial pressures you have to afford your diabetes medication? *You are taking steps to make your diabetes plan affordable.*



Hold That Affirmations

Affirmations are reinforcing the **the desire to leave the status quo**, aka to **change**.





Learning Objectives

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A photograph of a young woman with dark hair, wearing a black jacket, smiling and eating a slice of pizza. She is holding the slice with both hands. In front of her is an open pizza box containing a whole pizza with various toppings. The background is slightly blurred, showing what appears to be a kitchen or food service area.
