

# 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: