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:

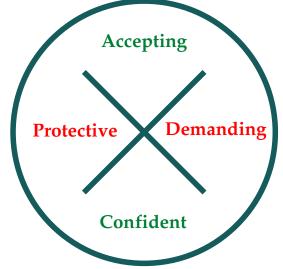
You have always been scared of doing that.

Protective

New statement:

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

Accepting Confident



SPACE

VIDEO #1

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:

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