

Worksheet 7

Supportive Statements

Use this worksheet to change some of the things you usually say into supportive statements that include the two elements of support: *acceptance* and *confidence*

Old Statement	Acceptance	Confidence	New Statement	Acceptance	Confidence
<i>e.g., You just have to power through</i>		✓	<i>It's hard, but you have the power to get through!</i>	✓	✓
<i>e.g., I understand this is very difficult for you</i>	✓		<i>I understand how hard it is for you, but I know you'll be ok</i>	✓	✓