

Affirmations

Affirmations are statements we make to show our appreciation for what client's are going through, or that we understand the experience they are describing. They are definitely not compliments and we should do our best to not begin them with "I am..." statements, such as "I am so proud of you!" Here are some things you might say, or ways to begin:

- Gee that sounds like....
- Wow, that must have been....
- Your..... really shows by the steps you're taking.
- You showed a lot of ... by doing that.
- It appears that you're really trying to
- You held up under enormous
- This shows....
- By the way you handled that, you showed a lot of....
- With all the obstacles you have right now, it's impressive/amazing that you...
- It must've taken a lot of work to....
- It's really impressive that you showed up today in spite of being angry with your boss.
- That took a lot of....
- Thank you for coming today.
- Being here shows you have some concern about what's happening right now.
- You're really serious about this change.

Here are some words that can be used to indicate appreciation and/or to complete the above sentences (try the list of *Characteristics of Successful Changers* for more ideas):

Worry
Self-Control
Kindness
Painful
Genuine
Generous
Dilemma
Honorable
Betrayal
Restraint
Indignity
Hard work
Obstacles

Hurdles
Character
Willpower
Concern
Willingness
Sensitivity
Strength
Pressure
Inspirational
Abuse
Authentic
Patience
Brave