

Chart 1. Constructive vs. Destructive Criticism


 CONSTRUCTIVE CRITICISM	 DESTRUCTIVE CRITICISM

Chart 2. Positive Affirmations

PROBLEM	HELPFUL POSITIVE AFFIRMATIONS
Jason is having difficulty with math.	
Benny can't tie his shoes.	
Kathy feels insecure about her new haircut.	
Stanley is afraid of the dark.	
Emily is nervous about her skating competition.	

Chart 3. Affirmation Mirror Response

PERSON 1	PERSON 2
I am confident.	You are confident.
I am strong.	You are strong.
I can accomplish my goals.	You can accomplish your goals.
I am amazing.	You are amazing.
Let's switch roles now. I will read the affirmations, and you will be my mirror.	

Chart 4. What's in the Secret Box?

MYSTERY ITEMS	MY GUESS	ACTUAL ITEM
Item #1		
Item #2		
Item #3		

Chart 5. Good, Healthy Fear vs. Bad, Unhealthy Fear

GOOD, HEALTHY FEAR	BAD, UNHEALTHY FEAR

Chart 6. Proactive Choice vs. Acceptance

PROACTIVE	ACCEPTANCE
There is the potential for me to try again or to change this outcome in the future.	It is not possible for me to change this circumstance.

Chart 7. Use It or Lose It

USE IT	LOSE IT

Chart 8. Truth vs. Stereotype

A TRUTH	A STEREOTYPE

Chart 9. Sample Activities for the Waiting Game

DURING A BRIEF WAITING PERIOD	DURING A LONGER WAITING PERIOD
Practice deep breathing.	Help somebody else.
Listen to music or sing along.	Work on a project.
Read a chapter in a book.	Watch a DVD.
Talk to someone waiting on the line with you.	Call a friend.
Think about someone or something that makes you happy	

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Chart 10. Activities to Stay Cheerful during the Waiting Game

DURING A BRIEF WAITING PERIOD	DURING A LONGER WAITING PERIOD