

Affirming

Foundation Skills

OARS

- Open questions
- Affirm Efforts and Strengths
- Reflect
- Summarize

Our Outline



- Why affirm?
- What is affirming?
- How to include it

Why affirm?

Behind every difficult person or situation is a blessing just waiting to be revealed.

Cheryl Richardson

Affirming

Why affirm?

- Builds rapport
- Provides the client feedback
- Targets specific behaviors
- Increases confidence

Types of affirmations - Appreciation

- Thanks for coming in today
- I know it was hard to tell me that. I'm glad you did.
- I know it was not easy to keep this appointment. Thank you.

Types of affirmations – Steps/efforts

- That's a useful step you took.
- That's a great suggestion.
- I would find that difficult to deal with too.
- You can be very persistent when you set your mind to something.

Affirming

Types of affirmations – Strengths/process

- You clearly want to do as much as you can for your health.
- You are creative with ideas of how to handle situations.
- When you do it this way... this happens...
- You are someone who...

What to affirm

- Efforts not outcomes
- Observations
- Problem-solving
- Process

Developing your style

- Each client is different
- Attend to cultural differences
- Reflections work better than cheer-leading
- What seems to work for you?

Affirming

Why affirm?

Perhaps once in a hundred years a person may be ruined by excessive praise, but surely once every minute someone dies inside for lack of it.

Cecil G. Osborne

Let's practice

1. Look for an effort or strength
2. Form an affirmation
3. Practice saying it out loud

Practicing Affirming



- Observe others affirming
- Notice what happens
- Collect some favorites
- Practice with friends and family
