Affirmation

Affirmation accentuates the positive, seeking & acknowledging a person’s strengths and efforts. Some examples\(^1\) of affirmation:

► “Thanks for coming today.”
► “I appreciate that you are willing to talk to me about your substance use.”
► “You are obviously a resourceful person to have coped with those difficulties.”
► “That’s a good idea.”
► “It’s hard to talk about... I really appreciate your keeping on with this.”
► “Gee that sounds terrible/difficult/like you’re really serious!”
► “Your courage/strength/determination/desire for change, etc. really shows by the steps you’re taking”
► “You showed a lot of insight/guts/willpower/resolve by doing that”
► “It appears that you’re really trying to make this change/be a better parent/focus on your studies/ recover from this illness…”
► “You held up under enormous pressure/stress/strain/anxiety/trauma.”
► “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 here shows you have some concern about what’s happening right now.”

\(^1\) Developed by Dee-Dee Stout & Matt Kowalski.
Dee-Dee Stout Consulting; http://www.deedeestoutconsulting.com
Reflection examples

Sentence stems to form reflections:

- Sounds like…
- What I’m hearing is…
- Must be…
- I would think you…
- Like a…
- Almost as if…
- You…
- You are…
- Your belief is that…
- Your fear is that…
- You’re thinking…
- So you’re saying…
- You’re feeling that…
- For you, it’s a matter of…
- I would imagine you…
- It seems to you…
- Through your eyes…
- From your point of view…
- The thing that bothers you is…
- You’re not terribly happy about…
- You’re not much concerned about…

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2 Developed by Dee-Dee Stout & Matt Kowalski.
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