

## Affirmation

Affirmation accentuates the positive, seeking & acknowledging a person's strengths and efforts. Some examples<sup>1</sup> 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.”

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<sup>1</sup> Developed by Dee-Dee Stout & Matt Kowalski.  
Dee-Dee Stout Consulting; <http://www.deedeestoutconsulting.com>

## Reflection examples

Sentence stems to form reflections<sup>2</sup>:

- ▶ 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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