

**Affirmations: 6/13**

Affirmations (one of the 4 Core Skills of M.L) are statements regarding a person's strengths, successes (past or present), abilities, talents, and achievements. These statements serve the purpose of building self-efficacy, i.e., "I have the ability to make a change" and "It will make a recognizable difference in my life".

To do what they are designed to do (build self-efficacy), affirmations need to be **factual** and **specific** so clients can 'see' the strength, have something specific that guides them to replicate this strength/success in a needed area, and not be distracted by "values judgments" in statements such as "good job".

***Change the following statements into 'pure' Affirmations:***

1. A juvenile on your caseload was being bullied by another student in school and she decided to talk her way out of the current situation and reported the matter to a school official.

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2. A juvenile on your caseload reported her mother's alcohol abuse to you and convinced her mother to attend AA groups.

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3. A juvenile on your caseload reported her mother to the police because her mother was driving while severely impaired by prescription medications.

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4. A juvenile on your caseload completed all of his sex offender specific therapy assignments.

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5. A juvenile on your caseload successfully passed his maintenance polygraph.

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6. A juvenile on your caseload stole several items from Macy's and told his parents about his actions.

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7. A juvenile on your caseload brought her grades up from all F's to C's and B's.

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8. A juvenile on your caseload successfully completed the CSF Intensive Supervision Program.

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9. A juvenile on your caseload reduced his car insurance rate by completing a highway safety course.

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10. A parent you work with reported her son's drug and alcohol usage from this past weekend.

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