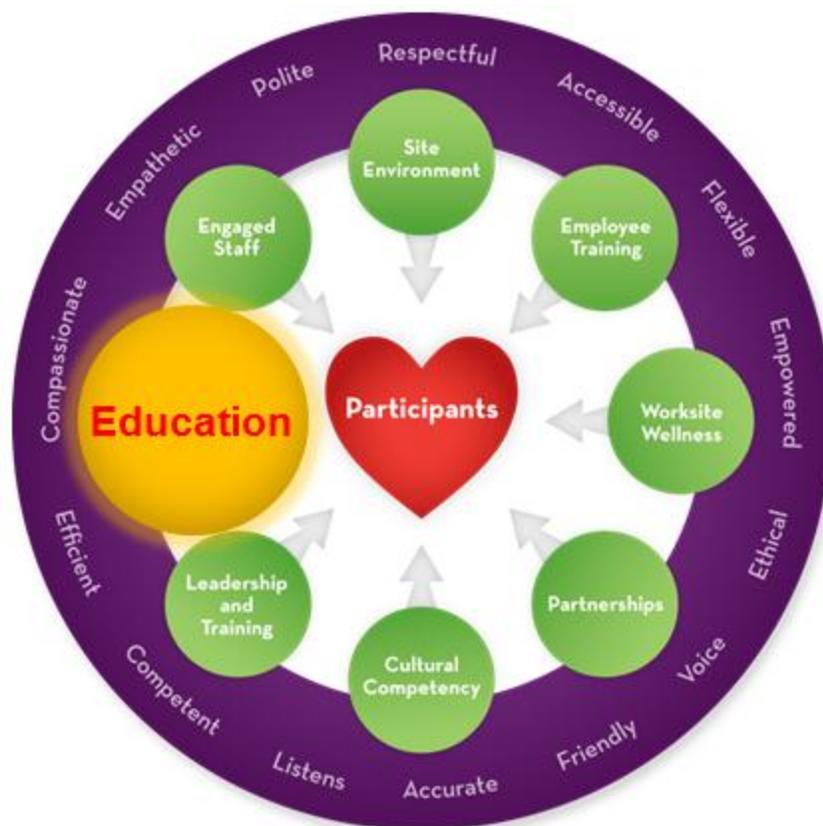


# Affirmation

## Participant Centered Education

### Trainee Workbook



**Affirmation: Telling someone you appreciate something they do or who they are**



**ACTIVITY 1:**

**Think** about a time recently when someone affirmed you.

What did they say? How did it make you feel?

**Types of Affirmation:**

Acknowledging SUCCESSES

Identifying SKILLS/ABILITIES

Seeing the person's POINT of VIEW

Appreciating STRUGGLES or DIFFICULTIES

## **Activity 2: Tips on Affirming**

### **Focus on specific behaviors**

- *You've done a lot of things with your diet and activity to make sure you don't gain too much weight.*
- *Sounds like you really want to help your child get off the bottle.*

### **Focus on positives – what the person is doing well**

- *You've spent a lot of time reading and thinking about the benefits of breastfeeding.*
- *You've worked hard to keep your family healthy by trying out different fruits and vegetables.*
- *You want what is best for your child.*

### **Be careful using the word "I"**

Focus on what matters to the participant, not what matters to you! If you affirm someone for something they do NOT value, they may feel you are trying to manipulate them. Avoid condescending phrases like, "I'm proud of you" – this may sound somewhat disrespectful - like a parent speaking to a child.

### **NOTE: Compliments**

A compliment may not be a good affirmation. Many compliments, such as "I like your daughter's dress", or "your hair looks good today" focus on appearance. Compliments are nice, but do not usually help someone change a behavior.

## ACTIVITY 3:

What would I like to be affirmed about?

Write down 3-5 things. Include at least:

- 1 experience,
- 1 success or ability, and
- 1 struggle or difficulty

Experiences	
Successes or Abilities	
Struggles or Difficulties	

### **ACTIVITY 3a:**

What things can I affirm in my participants?

Experiences	
Successes or Abilities	
Points of view, Struggles or Difficulties	

### **ACTIVITY 3b:**

This is the name of one participant I can affirm

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This is how I will affirm her: