

Taking Time for Self-praise Thoughts...



e.g., "I did a good job staying calm in that difficult situation"

My Favorite Positive Coping Thoughts...



e.g., "I can manage this, he is just testing the limits"
" This is not personal, in fact it is normal behavior "

My Favorite Positive Forecasting Thoughts...



e.g., "Things will get better eventually if I keep consistent"

My Favorite Relaxation Strategies...



e.g., Visualizing my happy place, or, Taking a deep breath

My Favorite Social Coaching Statements...



e.g., "You are waiting for a turn and being so friendly"

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My Favorite Emotion Coaching Statements...



e.g., "You are frustrated with that, but you are staying calm and keep trying"

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My Favorite Persistence Coaching Statements...



e.g., "You are working so hard and keep trying to figure that out, you are patient"

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Behaviors I will try to Model for Others...



e.g., Sharing positive feelings, Praising others' efforts

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My Favorite Incentives for Myself...



e.g., Having coffee with a friend

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My Positive Visualizations...



e.g., A beautiful sunset

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Incredible Incentives for Others Aged _____



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My Goals – Things I Would Like to Improve...



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Ways I will Prevent Parent Burnout and Build my Personal Bank Account ...



e.g., Exercise, Take up a hobby, Have a massage

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Ways I can give to support to _____



e.g., Praise my child's teacher

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Ways I can get support from others...



e.g., Share/trade babysitting with a friend so I can get a break

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