



## Self-Labels Exercise



### Step One:

Write down a negative label you have for yourself.



### Step Two:

What do you do (or not do) to get that label?



### Step Three:

What positive label would you like to have instead?



### Step Four:



List three behaviors you can do to promote your new positive label.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Step Five:



Every time you behave as your new label, give yourself a treat such as reading a favorite book, taking a bubble bath, or calling an old friend. Reinforcing your efforts is an excellent way to change labels and grow.



## Changing Negative Labels of Children

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### **Step One:**

Write down a negative label you have for your child. (If you have more than one child, use additional paper).

### **Step Two:**

What does the child do to get that label?

### **Step Three:**

Write down the behavior you would like to see instead.

### **Step Four:**

Give that desired behavior a label.

### **Step Five:**

List three ways you can help your child perform the desired behavior.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Every time you see your child behaving in the desired way, tell your child how proud you are of his or her efforts. Throw in a hug with the compliment.

### **Step Six:**

Keep focusing on the desired behavior. Consistent support is the key to change that will last a lifetime.