

Affirmation Techniques

Personal Relationships

(Reduction of bullying and other negative personal relationships)

Direct Aim: To override negative beliefs and develop positive thoughts for success.

Indirect Aim: To develop a positive attitude towards all aspects of life.

Procedure:

1. Choose the personal relationship about which you want to change your attitude.
2. Identify the negative responses that you have towards others.
3. Write a positive affirmation phrase about each of these beliefs and make sure that each phrase is written in the present tense.
4. Repeat these positive affirmations every day.
5. Finally add a visualization technique to cement your affirmations.

Note: It has been found that affirmations are more effective if said in the second or third person, so the affirmations below are written to reflect this format.

Some affirmations for a student who struggles with positive relationships may be:

Julie you're worthy and I love myself for being me.

Julie you always try your best.

Julie you are kind and caring.

Julie you work and play well with others.

Julie you are cooperative and enjoy helping others.

The options are endless and there's neither right nor wrong here, but an affirmation will always affirm a positive and desired outcome relating to the situation at hand.

- **VERY IMPORTANT:** It is critical that a student, or an adult for that matter, believes the affirmation that is being repeated otherwise the affirmation could backfire. In some instances a student may not

believe for example that he easily understands geometry. In these instances starting the affirmation phrase by saying one of the following would allow the affirmation to have a positive benefit to the student:

- *(Child's name) you choose to...*
- *(Child's name) you are willing to...*
- *This time, (Child's name) you will...*
- *(Child's name) you can....*
- *Even though (Child's name)...., you will allow....*
- *(Child's name) give yourself permission to...*

All students will need help with developing affirmations at first, but once they get used to creating them, they will enjoy creating their own. If there are some common issues in the classroom or in the school culture, educators could develop some generic affirmations that can be used by all students in the school to change attitudes for the better.

There are many online examples of affirmations for children; if you want more examples simply input 'affirmations for children' into a Google search. However, most do not include the important aspect of saying the affirmation in the second or third person so make sure you alter the affirmations as needed.

Repeating affirmations on a daily basis will positively change your attitude and your mind!