**Classes of Affirmations**

**Goal:** To communicate you notice the client's strengths and efforts and to enhance motivation for continued achievement. One of the top motivators for people is focus on their competencies and successes. Some psychologists suggest the optimal ration for positive behavior change is about four affirmations for every critical comment.

**Two “Classes" of affirmation:**

**A. Lightweight: affirmations of support and appreciation**

"That sounds like a good idea" "Thanks for coming on time.”

"Thanks for telling me about that”

"It's clear that you have thought a lot about this."

"You're working hard at getting your work done." "It seems like that will really work for you."

"You're really trying hard to work on your anger management goals at work."

**B. Heavyweight: affirmations of client's character or specific positive traits**

"You care a lot about your kids and want to make sure they're safe."

"You are managing your time really well. You're a very organized person."

"You have been helping Jim in GED lab. You have great mentoring skills."

"You were really upfront with your boss on that. That shows real honesty."

"You've been through a lot. You have what it takes to overcome difficulties."

"You have a lot of leadership qualities. It's clear that people listen to you."

"You're the kind of person who speaks up when something bothers you. That's a real strength."

"Your work shows that you are a very creative person."

"Getting here this early isn't easy for you. It shows you are really sticking with this."

"You have accomplished a lot. You're a hard worker."