

*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"

**The Incredible Years**

*My Favorite Emotion Coaching Statements...*



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

**The Incredible Years**

*My Favorite Persistence Coaching Statements...*



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

**The Incredible Years**

*Behaviors I will try to Model for Others...*



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

**The Incredible Years**

*My Favorite Incentives for Myself...*



e.g., Having coffee with a friend

**The Incredible Years**

*My Positive Visualizations...*



e.g., A beautiful sunset

**The Incredible Years**

*Incredible Incentives for Others Aged \_\_\_\_\_*



**The Incredible Years**

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



**The Incredible Years**

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



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

*Ways I can give to support to \_\_\_\_\_*



e.g., Praise my child's teacher

*Ways I can get support from others...*



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

