



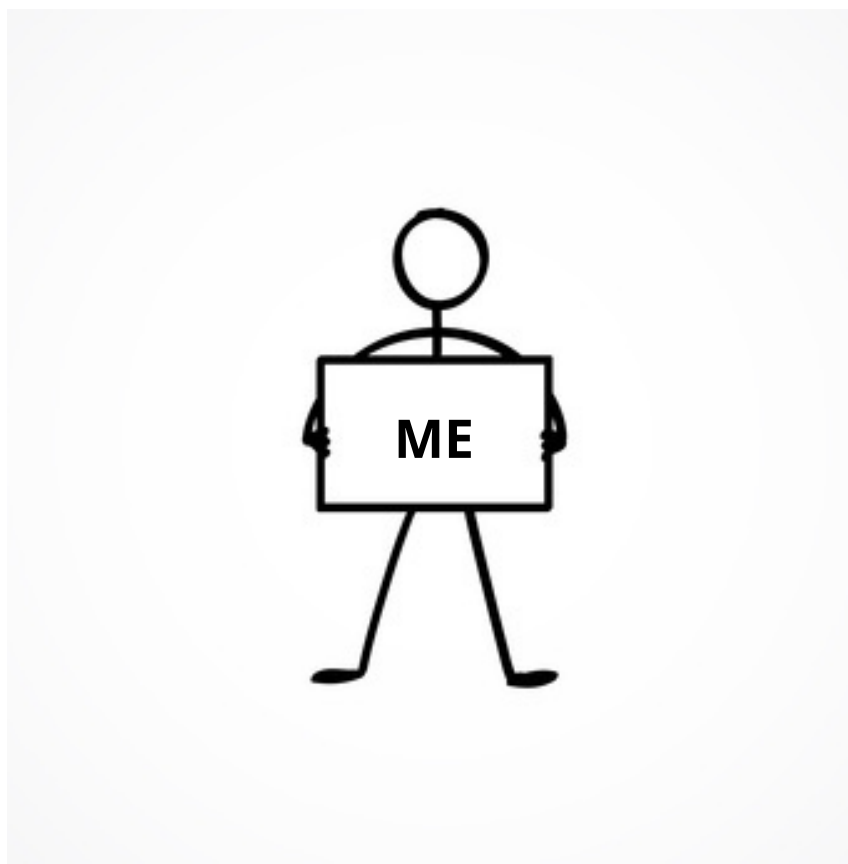
## **Module 1 Section 2 Reflection: Two More Tools for Increasing Cooperation**

The tools in this module are from the *Positive Discipline* program by Jane Nelsen & Lynn Lott.  
For more information about *Positive Discipline*, go to [www.positivediscipline.com](http://www.positivediscipline.com).

**Tool #1: Focusing on Strengths**

**Tool #2: Compliments & Appreciations**

Use the traits list (on p. 3 of this handout) to brainstorm at least 5 parenting strengths that you have. Write them around the stick figure and think of ways in which you demonstrate those strengths. You don't have to write the examples, but thinking of them is helpful.



Your assignment: at least once per day! Give yourself a compliment/appreciation.

For the next 7 days, notice when you're using your strengths. Take 30 seconds to take a deep breath, release it slowly and then say to yourself,

"I notice that I \_\_\_\_\_(describe what you did). I was using my strength of \_\_\_\_\_.

**Notice how you feel after doing this.**



Now, use the traits list to brainstorm at least 5 strengths that your child has. Write them around the stick figure and think of ways in which they demonstrate those strengths. You don't have to write the examples, but thinking of them is helpful.



Your assignment: at least once per day! Give your child a compliment/appreciation.

For the next 7 days, notice when your child is using their strengths. Take a few seconds to decide what you want to acknowledge them for, and then say something like:

"I notice that you \_\_\_\_\_(describe what they did). You were using your strength of \_\_\_\_\_. (or...You were demonstrating \_\_\_\_.)

OR

I appreciate that you \_\_\_\_\_.

OR

Thank you for \_\_\_\_\_.

**Notice how you feel, AND notice the reaction you get from your child.**



**These are character traits that could be considered strengths. Feel free to add words that occur to you!**

active, adaptable, adventurous, analytical, artistic, assertive, athletic, attentive

calm, caring, cautious, charitable, cheerful, compassionate, collaborative, capable, competitive, concerned, confident, creative, curious

decisive, diplomatic, direct

easygoing, emotional, empathic, enthusiastic, extroverted

fair, firm, flexible, forgiving, friendly

humorous, happy

innovative, intellectual, intense, introverted, inventive

kind

logical, loving

neat, negotiator, organized

perceptive, persistent, persuasive, positive, practical,

rational, relaxed, respectful, responsible

sensible, sensitive, serious, shy, spontaneous, strong

thoughtful, tolerant, truthful, trustworthy

understanding, unique, unselfish, upbeat

vulnerable

wild, witty

zany