Plan Asset-Based Language

To develop your skill with switching your language to a more growth-oriented mind-set, choose one child with whom you're struggling. Acknowledge that you're stuck, and describe what you are seeing with the child. Then, under “Deficit, Fixed Language About the Relationship,” write out the language you're using that keeps you stuck: “This child can't . . .,” “I can't . . .,” and so on. Then try to move past the “can't” statements by reframing your thinking more positively. To help you, consider the following questions:

- What words do I need to remove from my thinking (e.g., never, impossible, every time)?
- How can I focus on the relationship without the child’s other challenges getting in the way?
- What strengths do I have that can foster my relationship with the child?
- Can I reframe some of the child’s challenges as strengths that might help in our relationship?

<table>
<thead>
<tr>
<th>Deficit, Fixed Language About the Relationship</th>
<th>Appreciative, Growth Language About the Relationship</th>
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Figure 3.2