

- The one thing I would change about my family is \_\_\_\_\_.
- If I could be anything I wanted, I would be \_\_\_\_\_.
- The thing I like most (least) about myself is \_\_\_\_\_.

## Pros and Cons

Select a topic, such as “being in the hospital,” and have the child list “five good things and five bad things” about it.

This is an exceptionally valuable technique when applied to relationships, such as things family members like and dislike about each other.

## Nonverbal Techniques

### Writing

Writing is an alternative communication approach for older children and adults.

Specific suggestions include:

- Keep a journal or diary.
- Write down feelings or thoughts that are difficult to express.
- Write “letters” that are never mailed (a variation is making up a “pen pal” to write to).

Keep an account of the child's progress from both a physical and an emotional viewpoint.