**Examples of ego supportive statements** (Box 5)

* *Wow. You’ve done all of them. Well done.* (praise)
* *You’re managing that really well.* (praise)
* *Come on you can do it. I know you can* (reassurance)
* *If you finish those 5 questions you can go on the computer*. (rewards)
* *If you don’t finish by breaktime, you will have to stay in and finish it.* (threat)
* *I went to the dentist last week for a filling. You’ll be fine.* (reassurance)
* *Come and sit next to me. I’ll help you.* (encouragement)
* *Never mind. I’m sure you will be all right.* (reassurance)
* *Its OK. You don’t need to worry about it.* (reassurance)
* *Just have a go. It doesn’t matter if you can’t ………..*  (encouragement)
* *You’re trying really hard today. Well done.* (praise)
* *I think you deserve a sticker for that.*  (praise)
* That’s great. Well done. (praise)
* *Well done. Now try it without ……..*  (challenge)
* *I’m sure you can manage it. We did that yesterday remember.* (encouragement)