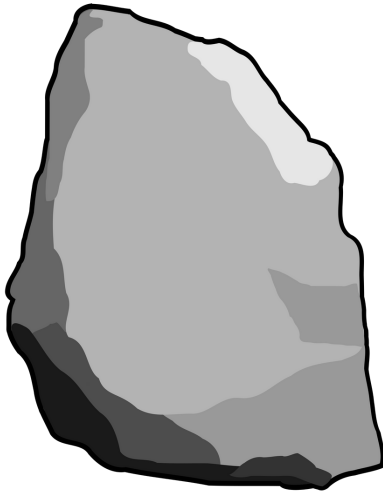




Self esteem requires
acceptance



Self confidence requires
action





Your gift

Words of affirmation

Desired direction

Desired destination

Mission Statement





Boundaries

Personal

Family

Work

Church

Others

- 1 Consider carefully before making a boundary.
- 2 Have confidence in your boundary.
- 3 Blame the boundary.
- 4 Confide in someone you trust to give advice before you change a boundary





Communication

1. Listen without judgement. Do not interrupt.
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2. Validate- match emotion, stay where they are.
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3. Listen more- encourage more communication by small words of validation; body language should be engaged and focused.
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4. Wait for the shift- do not interject in any way. now is not the time for advice or opinions. Allow for self correction- a peace filled moment.
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5. Be comfortable in silence while maintaining focus on the person, their body language and do not rush.
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6. Repeat to them what you heard, not what you understood it to mean.
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Communication

7. Encourage clarification- without advice or judgement.
8. Reinforce your love and confidence in them
9. Ask how you can help- do not rush this. Do not provide ways you can help if unneeded.
10. Restate rules and expectations. Provide encouraging words from a place of love.
11. Be firm. Consider compromise if possible. Allow for agency and growth if appropriate.

