**Taking Time for Self-praise Thoughts...**

- e.g., “I did a good job staying calm in that difficult situation”

**My Favorite Positive Coping Thoughts...**

- e.g., “I can manage this, he is just testing the limits”
- “This is not personal, in fact it is normal behavior”

**My Favorite Positive Forecasting Thoughts...**

- e.g., “Things will get better eventually if I keep consistent”

**My Favorite Relaxation Strategies...**

- e.g., Visualizing my happy place, or, Taking a deep breath
My Favorite Social Coaching Statements...

- e.g., “You are waiting for a turn and being so friendly”

My Favorite Emotion Coaching Statements...

- e.g., “You are frustrated with that, but you are staying calm and keep trying”

My Favorite Persistence Coaching Statements...

- e.g., “You are working so hard and keep trying to figure that out, you are patient”

Behaviors I will try to Model for Others...

- e.g., Sharing positive feelings, Praising others’ efforts
My Favorite Incentives for Myself...

e.g., Having coffee with a friend

Thoughts...

My Positive Visualizations...

e.g., A beautiful sunset

Thoughts...

Incredible Incentives for Others Aged ______

Thoughts...

My Goals – Things I Would Like to Improve...

Thoughts...
Ways I will Prevent Parent Burnout and Build my Personal Bank Account ...

- Exercise
- Take up a hobby
- Have a massage

Ways I can give to support to _____________

- Praise my child's teacher

Ways I can get support from others...

- Share/trade babysitting with a friend so I can get a break