REFRAMING

To use a strengths- and resiliency-based approach we must examine our use of language. When youth receive negative feedback from their world they might incorporate a negative self-image into their behavior. It is important that we are aware of the language we use. If we use negative language, we must consciously try to change that language, when appropriate, to incorporate less critical, more objective and "challenge-framed" terminology.

The following provides negative terms and alternative suggestions. Use the third column to add additional ideas.

NEGATIVE TERMS	STRENGTHS-BASED LANGUAGE	ADDITONAL IDEAS
Always blaming others	Very observant	
Irresponsible	Carefree	
Stubborn	Persevering	
Too emotional	Aware of feelings	
Crazy	Unique	
Pushy	Assertive	
Selfish	Able to meet own needs	
Impulsive	Enthusiastic	
Weird	Unusual	
Lazy	Relaxed	
Rigid	Firm	
Conceited	Confident	
Defiant	Independent	
Rebellious	Expressive	
Domineering	Strong-willed	
Foolish	Risk-taker	