**Discouraging Statements**

“I can’t believe you have procrastinated again. What will ever become of you? Okay, I’ll do it this time, but next time you’ll just have to suffer the consequences.”

“Honey, I thought you would do your homework after I bought you a car, a cell phone, and gave you a big allowance.”

“Sweetie, you hurry and do as much as you can now while I pick out your clothes, and warm up the car so you won’t be cold when I drive you to school.”

“I just don’t understand. I excused you from chores, I woke you up early, I drove you everywhere so you would have more time; I made your lunches. How could this be?”

“Well no wonder. I saw you wasting you time watching TV, spending too much time with your friends, and sleeping in.”

You should feel ashamed of yourself. You’d better shape up or you’ll be shipping out to live on the streets like a bum.”

“How many times have I told you to get your homework done early? Why can’t you be more like your brother? What will become of you?”

“Okay, I’ll write a note to the teacher that you were sick this morning, but you’ll need to be sure and catch up.”

“Well then, you are grounded and you lose all your privileges, no car, no TV, no friends, until it is done.”

**Empowering Statements**

“I can see that you feel bad about getting that poor grade. I have faith in you to learn from this and figure out what you need to do to get the grade you want.”

“I'm not willing to bail you out. When your teacher calls, I'll hand the phone to you so she can discuss it with you." (A respectful attitude and tone of voice is essential.)

"I would like to hear what this means for you."

“Would you be willing to hear my concerns? Could we brainstorm together on some possible solutions?"

“I'm willing to be available for an hour two nights a week when we agree in advance on a convenient time, but I'm not willing to get involved at the last minute."

"I hope you'll go to college, but I'm not sure it's important to you. I’m happy to talk with you about your thoughts or plans about college."

"I'm feeling too upset to talk about this right now. Let's put it on the agenda for the family meeting so we can talk about it when I'm not so emotional."

"Could we sit down and see if we can work on a plan regarding homework that we both can live with?

"I love you just the way you are and I have faith that you can choose what is right for you."