



The Power of Words

One-liners that build:

- I am proud of you.
- You can be proud of yourself.
- Excellent job.
- Way to go.
- I know you can do it.
- I am so proud to be your parent.
- I am glad you are my child.
- Thank you.
- I believe in you.
- Do you want to tell me about it?
- You are very important to me.
- You're good at that.
- You are loved.
- You are special.
- You make me smile.
- I like spending time with you.
- I love you.

One-liners that destroy:

- What is wrong with you?
- Can't you ever listen to me?
- You did that wrong.
- How many times do I have to tell you?
- Go away, you're being a pest.
- Why can't you be like your sister?
- Shut up!
- Can you do anything right?
- That's just stupid!
- You make me so mad!
- You are just like your father!



- You are so lazy!
- Don't act like a wild animal.
- Stop acting crazy!
- It's all your fault!
- You're driving me crazy!
- You are not helpful.
- You NEVER....

You ALWAYS....