



# *the words* THEY ARE USING

## What does my child say about themselves?

Write exact phrases you've heard recently:

- "I'm \_\_\_\_\_"
- "I always \_\_\_\_\_"
- "I never \_\_\_\_\_"
- "I can't \_\_\_\_\_"
- "Everyone else \_\_\_\_\_"
- "Something is wrong with me because \_\_\_\_\_"

Now go back.

Circle any statements that sound like identity (not just behavior or a situation).

### Reflection

- When do they say this most?
- Who else might be reinforcing it (peers, school, social media, you)?