

## Sample positive statements

The following were examples of positive statements we would read to my brother. We just read these statements out loud to him to show we understand how he feels, he will be okay, and provide positive statements so that he knows he can handle it.

We do not make him repeat the sentences. We do not want him to view this as work and he has found hearing these sentences as very relaxing. Just listening to these words has helped him expand his vocabulary.

There are two variations in the following pages:

- **General statements** to read first in the morning; we have different variations to change it up across the days.
- **Statements for more specific topics** that we take turns reading t on different days. We typically read them pre-emptively and do not wait for something to happen, e.g., an item breaking. As we do not know what will happen on what day, we read them randomly on different days.

We try to vary the sentences we say every day so he does not create a pattern. And we just read it to him as we would social stories.

## *Examples of general statements*

### **General Positive Statements; Example #1**

I like coming to school.

I like things like the OT swing, cafeteria lunch, and the iPad.

It is difficult for me to wait for these things.

But, I can wait. I wait every day.

I am worried about a lot of things.

I am worried things are different. I have body worries. I am worried I will miss something.

It is okay to worry. But, I do not have to worry.

I feel like yelling.

People will not understand my yelling. It will disturb them.

I do not have to yell. I can do it.

### **General Positive Statements; Example #2**

I do a lot of fun things at school.

OT swing, cafeteria lunch, and iPad are fun.

I like to meet people at school.

It is okay if things change. I cannot control everything.

I can be flexible.

I can be quiet. People cannot understand if I yell.

I can try to use one word to say what I feel.

It is hard for me to move from one thing to the next.

It is okay. Nothing is done forever.

I can do it later again.

I do not have to worry. I will not miss anything.

### **General Positive Statements; Example #3**

I do a lot of different activities at school.

I like some things and do not like other things.

It is important to do everything.

Math and reading are important to do so I know about things.

Exercise is important for my health.

Typing is important so people know how I feel.

Sometimes I have to do things I do not like.

Everyone has to do it. It is okay.

I can finish it.

People do not understand my yelling. I can be quiet.

I can do it.

*Examples of positive statements for more specific topics*

**Example topic #1: Things Break / stop working**

Over time, things break or stop working.

It is okay. I did not do anything wrong.

I can wait for it to be fixed or a new one to come.

It is difficult to wait but I can do it. I can be flexible.

Getting angry or yelling won't help. It is okay.

I can wait quietly.

**Example topic #2: Worrying / yelling**

I am often worried about things. It is okay to worry.

Everyone worries. It is not wrong.

Worrying will not change anything. I do not have to worry.

I sometimes yell when I am worried.

People will not understand my yelling.

I can try to use one word to tell me what is bothering me. I can do it.

**Example topic #3: Why it is important to work**

It is important to do work.

Math is important so we know how many things we have or how much money we need.

Reading is important so we can read about what we buy and learn things/

Exercise is good to be healthy and safe.

Cleaning is important so we don't get sick.

Sometimes we have to do things we don't like.

Dad and Divya have to do things at office that they don't like.

But, it is important to do what is needed.

I will be fine if I do something I don't like.

**Example topic #4: Nothing is done forever**

It is difficult for me to stop doing something I like.

I like things like games, OT swings, and iPad.

It is okay to stop. Nothing is done forever.

I can do it later. I do not have to worry.

I can wait. I can be flexible.