

Thoughts About Change

Put an X next to the negative thoughts you might have that could get in the way of the behavior change plan. For every negative thought, think of the opposite positive thought that can replace it.

	Negative Thought or Self-Statement	Opposite Positive Thought
	"They'll never change. They are just like . . ."	"They have made changes before—I think they can make changes here, too, especially with my support."
	"There's something wrong with them. I don't understand why they behave like they do."	
	"I don't think incentives will work. I have tried them before, and they didn't work."	
	"Things always get in the way of us solving this problem. Nothing will ever change."	
	"A behavior change plan will never work with a child like mine."	

Negative self-statements about your ability to make changes may be because of a lack of support. Making family changes requires support, and parents need to get support from other adults. Write down supportive adults in your life who can help you make changes in your parenting.

Tracking Positive and Negative Thoughts When Making Behavior Change Plans

Use this handout to track the thoughts about influencing change in your child's behavior that you experience during the next week while developing and using the behavior change plan. For every negative thought, think of an opposite positive thought to replace the negative thought.

Negative Thought	Opposite Positive Thought