



Positive Conversations (Refrigerator Card)

Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming. Visit the Thrive website <https://thrive.psu.edu>, and sign up today!

Using Positive Language

| Words to Use | Words to Avoid |
|----------------------|--------------------|
| I feel... | You always... |
| I think... | You never... |
| It scares me... | You don't care... |
| I am wondering if... | Don't be... |
| I understand... | I don't want to... |
| I need... | I told you so... |