



## 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...