**Tools for Transforming Language into Therapeutic Strength-based Communication**

**(Person-centered Alternatives to Commonly Used Words and Phrases)**

 ***by Lori Ashcraft, PhD & William Anthony, PhD. (2014)***

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| **LANGUAGE THAT DISTRACTS FROM ACCEPTANCE, RESPECT & UNIQUENESS (Deficit based)*****1. You’re just*** ***2. Decompensating******3. Manipulative******4. Crazy******5. Compliant******6. Non-compliant******7. Entitled******8. Resistant******9. Frequent Flyer******10. Baseline******11. Unmotivated******12. Helpless******13. Hopeless******14. Grandiose******15. User of the system*** ***16. Druggie; crackhead; junkie******17. High functioning; low functioning;*** ***danger to others; danger to self***  | **LANGUAGE THAT PROMOTES ACCEPTANCE, RESPECT, AND UNIQUENESS (Strength based)*****1. You are more than******2. Not him/herself today; he/she is*** ***experiencing symptoms.******3. Resourceful; trying to get help******4. Unique******5. Might not be confident about***  ***personal choices or decisions; afraid******6. Beginning to think for him/herself;*** ***taking personal responsibility******7. Aware of rights******8. Not open to…; not chooses to…; has*** ***own ideas******9. Gives many opportunities to*** ***intervene and support******10. What a person looks like when*** ***doing well******11. Has other interests; bored; doesn’t*** ***know how to begin******12. Unaware of capabilities******13. Unaware of opportunities******14. Has high hopes and expectations of*** ***self******15. Resourceful; good self advocate******16. Person with an addiction or*** ***diagnosis of substance abuse******17. Person is showing these issues and*** ***characteristics*** |