**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)***

***(Presentation at 28th Annual APNA Conference, Indianapolis, IN)***

|  |  |
| --- | --- |
| **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*** |