

## YOUNG THERAPY

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### POSITIVE LABELS FOR CHILDREN

Taken from *Raising Your Spirited Child* by Mary Sheedy Kurcinka

#### Old Negative Labels

Demanding

Unpredictable

Loud

Argumentative

Stubborn

Nosy

Wild

Extreme

Inflexible

Manipulative

Impatient

Anxious

Explosive

Picky

Whiny

Distractible

#### New Exciting Labels

Holds high standards

Flexible, a creative problem solver

Enthusiastic and zestful

Opinionated, strongly committed to one's goals

Assertive, willingness to persist in the face of difficulties

Curious

Energetic

Tenderhearted

Traditional

Charismatic

Compelling

Cautious

Dramatic

Selective

Analytical

Perceptive