



# Presenting a Positive Self

## How Can Presenting a Positive Self Help My Child?

Presenting ourselves in a positive, optimistic way can improve our mood and improve our social relationships. When children feel sad, down, or worried, they may have a hard time presenting themselves in a positive way. This can cause other people to feel uncomfortable and respond in a way that only makes things worse! Fortunately, presenting a **Positive Self** is a skill that can be learned – just like sports or maths.

There is an important connection between self-presentation, mood and relationships. Specifically:

- If we present a negative, gloomy self to the world it can make us feel bad, and it can also make other people uncomfortable around us and less likely to spend time with us.
- Showing a **Positive Self** to the world can make us feel better, and it can also make other people more comfortable with us, and more likely to spend time with us.



## How Can My Child Present a Positive Self?

Showing a **Positive Self** is a skill, like sports, dancing, or maths. It involves specific kinds of behaviour that people can **practise**, and **get better at when they do practice**.

Your son or daughter is working with the therapist to identify several specific behaviours he or she uses to show a negative self and to show a positive self. These behaviours generally fall into three categories:

- How your child looks (e.g., how his or her face looks, how his or her body looks)
- How your child acts (e.g., toward family, toward other kids)
- What your child says (e.g., about him- or herself and his or her activities, about other people, about the future).

## How Can I Help?

When you notice that your son or daughter is showing a **negative** self – being sad or grouchy or gloomy – you can remind him or her to try to show a **Positive Self**. Remind your child that **showing a Positive Self helps us feel good about ourselves, and it can make other people want to spend time with us**. You could also remind your son or daughter about some of the specific things he or she can do to show a **Positive Self**.