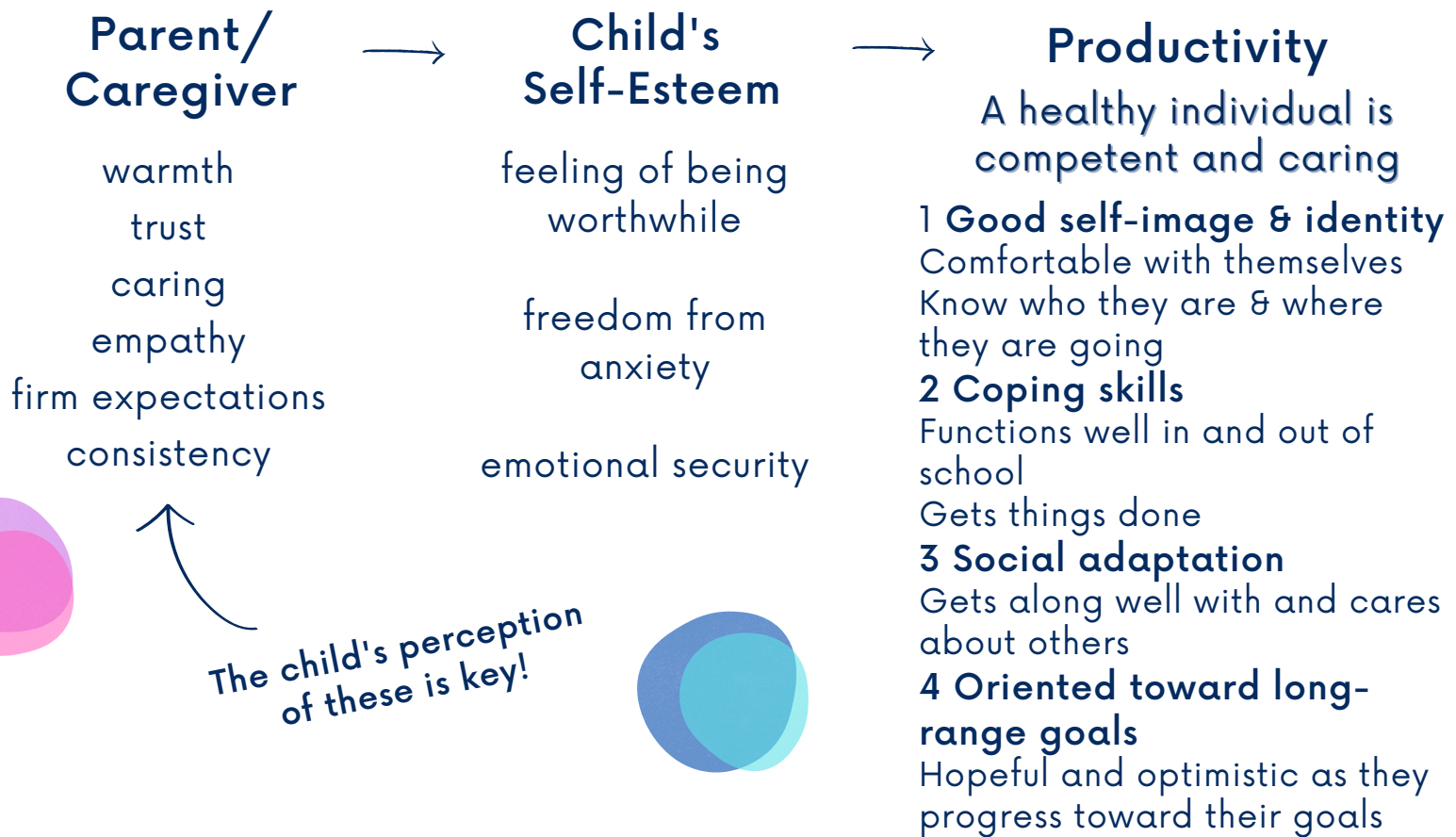


SELF-ESTEEM/PRODUCTIVITY MODEL

Source: Charles T. Gruszka, M.A., C.A.G.S



Building Self-Esteem

Magic Triad:
hug · smile · kind word

Focused
Attention

Empathetic
Listening

Preserving Self-Esteem

Avoidance of
criticism

Rational
Discipline

KEY QUESTIONS:

How did my actions affect my child's self-esteem?

How would it feel to be my child?
(EMPATHY!)