# INTERPERSONAL EFFECTIVENESS

# CHEERLEADING STATEMENTS

- Cheerleading statements give us the courage to do things when times are tough: Anyone can lead be a leader or motivate oneself to do better or try harder.
- Cheerleading statements make you stronger and ready for action: Think about this as mental preparation or self-motivation. If you believe you can do it, then you can. If you have doubts, it may be difficult until you practice telling yourself it can work.
- Cheerleading statements can fight off untrue thoughts: Doubt can be reduced simply by telling yourself over and over again that you have the power to do something.
- "I am okay!"
- "I will be okay!"
- "I can do it!"
- · "This is my choice!"
- · "I am strong!"

# **Dbt Cheerleading Statements Examples**

Alec L. Miller

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