

# Pygmalion Effect Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The Pygmalion Effect states that our children tend to become what we expect them to be. If we treat them nicely, they tend to become nice people. If we treat them harshly, they tend to become harsh people.

The purpose of this exercise is to become aware of how we may treat our children harshly, and how we may change those harsh assumptions about them into more positive assumptions and perceptions so that our children won't respond harshly to us.

In the left-hand column below on this page, there are harsh statements that could be stated in a more positive and compassionate way. Use the right-hand column to change these harsh statements into more positive statements. The first one is done for you.

On the second page, write some of your own harsh statements that you have used with your children in the past, and change them into positive statements. Remember that the goal of using the Pygmalion Effect is to treat your children in a gentle and compassionate fashion so that they become gentle and compassionate towards you and others. Use this information when creating your statements below.

JUDGMENTAL STATEMENT	COMPASSIONATE STATEMENT
<i>"Can't you do anything right?"</i>	<i>"I wasn't happy about what you did, but I know you were trying your best."</i>
<i>"How dare you say that to me?"</i>	
<i>"What do you expect me to do about it?"</i>	
<i>"You always do that to me!"</i>	
<i>"Because I said so, that's why!"</i>	

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Write some of your own harsh statements that you may have used in the past with your children, then change them into positive statements in the next column. Remember that the goal of using the Pygmalion Effect is to treat your children in a gentler and more compassionate fashion so that they become more gentle and compassionate towards you. Use this goal when creating your statements.

JUDGMENTAL STATEMENT	COMPASSIONATE STATEMENT