

# HOPE JOURNEYS

## Positive Relationship Approaches

### BUILDING CREDENTIALS

#### 35 Strategies for Building Positive Relationships

*“Teenagers are looking for control,  
To do things the way they want to,*

*Adults need to teach the skills with which  
Youth can make their own choices,  
Track their own progress,  
As they prepare for their future.*

*Adults create the conditions within which  
Youth live.”*

David Vandy

Author, Trainer, Consultant, Mentor, Community Builder,

Agent of Positive Social Change

For Youth

**\*BUILDING CREDENTIALS is the positive behavior management system David and Myra Vandy created. They have successfully trained dozens of residential youth agencies in its' implementation, producing dramatically positive results.**

## **35 Strategies for Building Positive Relationships**

- 1. Choose to build positive relationships.**
- 2. Show genuine interest in others.**
- 3. Have a well-motivated, positive attitude.**
- 4. Help others gain positive control.**
- 5. Listen without interrupting.**
- 6. Compliment!**
- 7. Show trust!**
- 8. Help others feel safe.**
- 9. Have clear expectations - be consistent with a clear understanding of what you expect.**
- 10. Be open to changing your expectations.**
- 11. Brainstorm, build consensus.**
- 12. Include, be willing to learn from others.**
- 13. Communicate routinely!**
- 14. Encourage others to lead.**
- 15. Speak objectively without judgement.**
- 16. Encourage!**
- 17. Earn respect.**
- 18. Wait to draw conclusions about challenging situations or issues which may arise.**

- 19. Ask questions! Get all sides of the story first. Remain impartial until you have all the information.**
- 20. Separate negative behavior from the value of a person.**
- 21. Avoid heat-of-the-moment decisions; give yourself time to cool off.**
- 22. Avoid escalation.**
- 23. Create a safe environment.**
- 24. Find ways to routinely appreciate and reward others.**
- 25. Reward positive behavior; provide incentives.**
- 26. Speak positively.**
- 27. Share positive control.**
- 28. Give up the need to be right.**
- 29. To gain cooperation, which is freely given, develop trust.**
- 30. Try new ways of relating.**
- 31. Practice forgiveness:**
- 32. Forgive yourself when you mess up.**
- 33. Take self-responsibility: Apologize when it's appropriate.**
- 34. \_\_\_\_\_**
- 35. \_\_\_\_\_**