

Unconditional Positive Regard

What is Unconditional Positive Regard?

Unconditional Positive Regard means showing your child or athlete that they are worthy of love, support, and acceptance regardless of how they perform. This is a key principle in REBT and helps children feel secure even under pressure.

Why does it matter?

When children feel accepted no matter what, they are more likely to take healthy risks, bounce back from failure, and stay motivated without fear.

SITUATION	INSTEAD OF THIS..	TRY THIS..
Child loses a match	"What happened? You should've played better."	"I'm proud of how hard you worked."
Child makes a mistake	"You always mess up at the wrong time."	"Everyone makes mistakes. Let's look at what we learned."
Child is crying after a loss	"Stop crying. It's not a big deal."	"It's okay to feel upset. I'm here for you."

Your Practice Log:

One thing I will say this week to show unconditional support:

A moment where I showed acceptance recently:

How did my child / the athlete respond?

Affirmation:

"My child is more than their performance. I choose to show love and belief in who they are, not just what they do."