

Growth-Mindset Process Praise Scripting Handbook

Neurobiological Coaching Frameworks to Replace Person-Praise with Effort Attribution

1. The Verbal Translation Matrix: Person vs. Process Praise

Instinctive Person Praise (Fixed)	Neurobiological Process Praise (Growth)	Dopaminergic Focus Shift
"You are so smart at math!"	"I noticed how you tried three different equations until the solution clicked."	Shifts dopamine reward from innate identity to strategic exploration.
"Look at this perfect drawing! You're an artist."	"The detail you put into shading these branches shows immense patience."	Reinforces fine motor persistence rather than social evaluation anxiety.
"You got first place! You're a natural."	"Your practice sessions every afternoon really showed in your pacing today."	Connects high-performance outcomes directly to deliberate repetitive rehearsal.
"Don't worry, you're just not a reading person."	"That chapter had dense vocabulary; let's decode the sentence context together."	Prevents learned helplessness; frames difficulty as an informational hurdle.

2. The 4-Step Error Recovery Coaching Protocol

Phase	Parental Script / Action	Neurological Objective
1. Co-Regulation	"Take a breath with me. Feeling stuck is your brain signaling that growth is starting."	Downregulates amygdala panic and resets executive prefrontal control.
2. Dissect Breakpoint	"Show me the exact line where things felt confusing or slipped off track."	Converts vague emotional defeat into granular structural analysis.
3. Strategic Pivot	"What is one different tool, angle, or method we haven't tested yet?"	Stimulates lateral problem-solving and divergent cognitive search.