

THE LANGUAGE OF ENCOURAGEMENT

Phrases that demonstrate acceptance:

"I like the way you handled that."

"How do you feel about this?"

"I'm glad you enjoyed yourself."

"Since you are not satisfied, what do you think you can do so you will be satisfied?"

Phrases that show confidence:

"You'll make it!"

"You're making progress."

"I believe you'll handle it."

"I have confidence in your judgment."

Phrases that recognize effort:

"I can see you put a lot of effort into that."

"I can see a great deal of progress."

"Looks like you're moving along."

"You're improving in _____"

"You may not feel you've reached your goal, but look how far you've come."

Phrases that focus on strengths, contributions, and appreciation:

"Thanks for helping; it took a load off me."

"You have a talent for _____"

"Would you help me with this?"

"I really appreciate your help."

No Discouraging Words

But, "Why don't you do that all the time?"