

Handout #2

# The Special Language of Encouragement . . .

Phrases that demonstrate acceptance:

- "You seem to like that activity."
- "It's nice that you enjoy learning."
- "I can tell you're pleased with it."
- "Since you're not satisfied, what do you think you can do so you'll feel happier with it?"
- "It looks like you enjoyed that."
- "How do you feel about it?"

Phrases that show confidence:

- "Knowing you, I'm sure you'll do fine."
- "You'll make it!"
- "I have confidence in your judgement."
- "That's a rough one, but I think you can work it out."
- "You'll figure it out."



Phrases that focus on contribution, assets and appreciation:

- "Thanks; that helped a lot."
- "It was thoughtful of you to \_\_\_\_\_."
- "Thanks, I really appreciate \_\_\_\_\_, because it makes my job much easier."
- "I need your help on \_\_\_\_\_."
- To a family group: "I really enjoyed today. Thanks."
- "You have skill in \_\_\_\_\_. Would you do that for the family?"

Phrases that recognize effort and improvement:

- "You really worked hard on that!"
- "Looks like you spent a lot of time thinking that through."
- "I see you're moving along."
- "Look at the progress you've made: \_\_\_\_\_."
- "You're improving in \_\_\_\_\_."
- "You may not feel you've reached your goal, but look how far you've come!"