

## Words of encouragement

Author: Lynn Lott M.A. MMFT, Based on the work of John Taylor

**Words of encouragement are statements and actions that tend to develop, Maintain, or enhance others experience of self-worth, social impact, self-direction or self-confidence.**

### Phrases that demonstrate acceptance

I like the way you handle that.

I like the way you tackle a problem.

I'm glad you're pleased with it.

Since you're not satisfied, what could you do to be pleased with it?

It looks as if 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 judgment.

That's a rough one, but I'm sure you'll work it out.

You'll figure it out.

### Phrases that focus on contributions, assets and appreciation

Thanks, that helped a lot.

It was thoughtful of you to\_\_\_\_\_.

I really appreciate\_\_\_\_\_because it makes my job much easier.

I need your help on\_\_\_\_\_.

### Phrases that specifically recognize effort and improvement

It looks as if you really worked hard on that.

It look as if you spent a lot of time thinking that through.

I see you're moving along.

Loot at the progress you've made in\_\_\_\_\_.

You're improving in\_\_\_\_\_.

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

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文中内容部分来源于约翰泰勒 Based on the work of John Taylor

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## SUPER STROKES

**SUPER STROKES ARE STATEMENTS AND ACTIONS THAT TEND TO DEVELOP, MAINTAIN, OR ENHANCE THE CHILD'S EXPERIENCING OF SELF-WORTH, SOCIAL IMPACT, SELF-DIRECTION, OR SELF- CONFIDENCE.**

### 1. GRATITUDE

"Thank you."

"I am grateful for what you did."

## **2. SHARING A SKILL**

“Now you can play pretty music for all of us.”

“Are there any slower students whom you can help in math now?”

## **3. EMPATHY**

“I’ll bet that was fun.”

“You look like you really enjoy doing that.”

## **4. SOCIAL IMPACT**

“When you did that, it allowed me to rest 5 minutes.”

“You really helped Suzy by doing that.”

## **5. RECIPROCAL FAVOR**

“I am sure Suzy will want to play with you tomorrow since you played so nicely today.”

“When you help water the plants, I have more time for playing with you.”

## **6. UNIQUENESS**

“I don’t expect you to see everything the way I do.”

“You are the only you.”

“Green is really your color.”

“Your suns always have such happy smiles.”

## **7. SELF-DETERMINATION**

“I would like you to do this, but you choose how and when.”

“You go right ahead if that is what you want.”

## **8. SELF IMPACT**

“There are lots of things you can do to help yourself.”

“You’re helping yourself by doing that.”

“Jogging will strengthen your heart and lungs.”

“It’s nice to do something for yourself, isn’t it?”

## **9. MATERIAL IMPACT**

“You can build a lot of things with your new tool kit.”

“When you water the flowers they will grow and boom.”

## **10. ACKNOWLEDGE EFFORT**

“I can see a lot of work went into this.”

“I am glad you tried.”

## **11. LABEL THE ACT**

“You tied your shoes.”

“You cleaned your room.”

“You drew me a picture.”

## **12. EMPHASIZE STRENGTH**

“This is easier for you now.”

“Your correct answers are circled in red.”

“That part looked easy for you.”

### **13. TELL ME ABOUT IT**

“I’m interested to hear what you are doing in school.”

### **14. ACCEPTANCE**

“We love you just the way you are.”

“That’s really you.”

SUPER STROKES are not just words or gimmicks. If you have faith in super strokes and the power of encouragement, they can go far in improving and ensuring good mental health. Superstrokes act like energetics by getting you in touch with your own self-love and also primes others’ pumps of self-love.

Encouragement and superstrokes are contrary to many additions, roles, and forces in our current society, which can be highly discouraging. They may seem strange at first and difficult to apply. But with practice, we can be as encouraging to our children and each other as we like.