

40 Phrases That Praise

Putting deposits in your kid's "emotional bank account"



Say these phrases aloud on your own so that they will come to mind, and feel natural, as you seek opportunities to use them. Actively look for the good in all family members and give sincere compliments—especially to those who annoy you the most. Praise even their attempts at good behavior. You'll feel happier, and so will they. Only after people feel loved and accepted can they begin to change.

REINFORCING* COMPLIMENTS

- 1 I'm proud of you for...
- 2 Thanks for trying so hard on...
- 3 I'm pleased the way you...
- 4 How thoughtful of you to...
- 5 You've made real progress on...
- 6 You did a good job on...
- 7 Keep up the good work on...
- 8 You are a natural at...
- 9 I like it when you...
- 10 That was a really good try at...
- 11 That's a great improvement on...
- 12 I'm pleased you...
- 13 I appreciate you being...
(so thoughtful, honest, persistent, kind, etc.)
- 14 You showed a lot of creativity at...
- 15 I'm impressed with the way you...
- 16 Thanks for being so...
(responsible, organized, etc.)



EXPRESSING LOVE

- 17 I love you.
- 18 We make a great team.
- 19 I have fun with you.
- 20 I'm glad you're my son/
daughter, husband/wife.
- 21 I enjoy spending time
with you.
- 22 I'm glad you called.
- 23 If you're concerned / sad /
hurting, I'm here to listen;
help me understand.
- 24 You mean a lot to me.
- 25 You're right.

POSITIVE AFFIRMATIONS

- 26 Well done!
- 27 I like to hear your ideas.
- 28 Excellent work!
- 29 What a great job!
- 30 That's a good point. Thanks
for sharing.
- 31 I'm sure you can do it; you've
done hard things before.
(Or: I knew you could do it.)
- 32 Thanks for doing what
I asked.
- 33 I couldn't have done it
without you.
- 34 Wow! Cool! Way to go!
- 35 That's great! Give me five!
- 36 I like the way you're working!
- 37 You're on the right track.
- 38 Good thinking!
- 39 You're a great helper.
- 40 That's a great idea!

* Reinforcing Compliments: 1. Be immediate 2. Express delight 3. Describe behavior 4. Tell a benefit 5. Add a touch