

Appreciate! Appreciate!

Adapted by Brenda Spina, M.S., LMFT, LPC from John Gottman, Ph.D.'s *Raising Emotionally Intelligent Children*

Reliable, kind, helpful, adventurous, and fun are words any of us like to hear when being described. Each of these words are positive and encourage a sense of belonging. As you know, children thrive on words that encourage and build up. As summer is a time of renewal and celebration, let's take a look at one fun way of celebrating your loved ones.

What follows is a list of words that may be used to describe your spouse or child. Choose three words that best represent your loved one and share the words with them. Then tell them why you chose those words. Please keep it to only three. You can always do the exercise again at another time and chose other words.

Loving
Brave
Thoughtful
Loyal
Strong
Decisive
Imaginative
Attractive
Supportive
Considerate
Affectionate
Athletic
Coordinated
Elegant
Playful
A Great Friend
Thrifty
Committed
Expressive
Reliable
Dependable
Gentle

Sensitive
Intelligent
Generous
Truthful
Energetic
Creative
Fun
Interesting
Funny
Organized
Resourceful
Cheerful
Gracious
Graceful
Caring
Exciting
Full of plans
Involved
Active
Responsible
Nurturing
Beautiful

Flexible
Understanding
Protective
Tender
Sweet
Powerful
Assertive
Lively
Calm
Witty
Relaxed
Shy
Vulnerable
Receptive
Adventurous
Careful
Reserved
Handsome
Practical
Kind
Warm
Humorous