

Motivation By Appreciation (Five Love Languages)

<p>Acts of Service Don't tell me you care, show me. Actions speak louder than words. Tips:</p> <ul style="list-style-type: none"> • Ask before you help. • Serve voluntarily • Check your attitude • Do it their way • Complete what you start • Discover what service would be most meaningful 	<p>Quality Time Giving the person your UNDIVIDED attention. This could include quality conversations; which means you LISTEN more than you talk. Tips for conversations:</p> <ul style="list-style-type: none"> • Maintain eye contact • Do not multi task, just listen • Listen for feelings as well as thoughts • Affirm the feelings even if you disagree with the content • Observe body language • Do not interrupt <p>Other dialects of QT:</p> <ul style="list-style-type: none"> • Shared experiences • Small group dialogue • Close physical proximity
<p>Receiving Gifts Giving the right gift to a person who appreciates tangible rewards sends a powerful message. Thoughtless gifts do more harm than good. Do your research first. Possible gifts:</p> <ul style="list-style-type: none"> • Tickets to events • Gift cards to restaurants • Certificates for services • Flowers • Time off • Flexibility 	<p>Words of Affirmation Give specific, person oriented praise. Praise traits and personality not just achievements. How and where to affirm:</p> <ul style="list-style-type: none"> • One on one • In front of others • In writing • In public
<p align="center">Physical Touch</p> <p>This is NOT USED in a school or work setting because of the possibility of discomfort. You may find it is somewhat awkward with your teenagers too. Tips:</p> <ul style="list-style-type: none"> • Touch has to be on their terms • It WILL NOT resemble the touch you were used to when they were children • Treat your teenagers like CATS. Sit still and they are more likely to come to you • Do not initiate touch in front of their peers • Remain open to physical intimacy with them; they still need you, just in a different way 	