



*'Therapeutic writing and drawing can become a way of life for children. A regular practice for staying centred in the face of life challenges, and the winds of change.'* (Lucia Capacchione)

# PRAISE OR DESCRIPTIVE APPRECIATION

## ***Some drawbacks of praising***

1. What you are praising the other person for may not be valued by them at all; it may even be meaningless or annoying to them.
2. People know that if they can be praised they can also be blamed and, if praise is used a great deal in a relationship, the lack of it can be taken as criticism.
3. Praise is often used as a form of manipulation to try and get someone to do what you want rather than as a genuine compliment.
4. Being praised for things that aren't valuable or important to you can make you feel that the other person doesn't understand you.
5. Being praised can deeply embarrass some people, especially when it is done in front of an audience.
6. People can grow to depend on praise and begin to demand it as a way of getting attention and approval.

## **So what do we do instead?**

Rather than using praise that judges, try using praise that describes. So, instead of saying things like: "You are wonderful, good, lovely, brilliant", or whatever (which tells the child nothing about why you think so), be explicit about what it is you like and how it makes you feel.

### **Here are some examples:**

1. *I really like the way you help me wash up.*
2. *When you rub my neck like that I feel really cared for.*
3. *That cooker you have just cleaned looks spotless.*
4. *I am really happy with the earrings you bought me.*

### **Descriptive praise usually includes the following:-**

- *An accurate description of the work, behaviour or accomplishment of the other.*
- *How you feel about or value what you have described.*
- *And, if there is one, the positive effect that the behaviour has had on you.*