

Use Positive Character Quality Language!

You can include a character quality for specifically and sincerely expressing appreciation to others. This encouraging practice touches hearts, builds character and relationships, and brings happiness. Enjoy enhancing your communications with easy statements:

- Thank you for being [helpful, flexible, truthful...] when you....
- I appreciated your [courage, respect, patience...] when you....
- I love how [accepting, enthusiastic, encouraging...] you are!

©2018 Marriage Transformation®; marriagetransformation.com
Susanne M. Alexander; susanne@marriagetransformation.com,
423-599-0153 (USA Eastern)