

Language of Listening® STRENGTHs

Welcome to the second of three resources that will give you a whole new way to support your child's growth!

We all want our children to have a healthy belief in themselves and feel like they can succeed in life. Many times we use praise to encourage that kind of growth without realizing that it can backfire. To get the results you want in a much more effective way, use the Language of Listening® coaching tool, STRENGTHs. This tool solidifies your child's awareness of their INNER GREATNESS which connects them to their natural desire to succeed in life in ways both you and they will LIKE.



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How we typically use praise:

I like the way you...

You make me so happy.

I'm so proud of you.

Good girl.

Good boy.

Well done.

You're so clever.

Wonderful.

Good job.

This is the kind of praise most of us grew up with. It's what we know, and it almost rolls off our tongues without thinking. This kind of praise, however well-meaning, doesn't "work" in the way you think. Praise is all about you and your opinions and judgments, not about your child or what your child thinks and feels. So rather than helping to strengthen your child's sense of self, which is the goal, it strengthens their reliance on your opinions and often leads them to believe that their main STRENGTH is pleasing others.

The most effective tool for bringing out your child's greatness (because it's already there) is using the Language of Listening® coaching tools of SAY WHAT YOU SEE® (SWYS) and STRENGTHs combined.

This combination of tools makes your statements ALL about your child. It grounds your child in their INNER GREATNESS, not in your opinions. You use SWYS to show your child proof of a STRENGTH, and then you name it. That's why SWYS and STRENGTHs go hand in hand. SWYS grounds the STRENGTH in the undeniable truth of what actually happened. It builds self-confidence and self-esteem in your child by showing them who they REALLY are. The results fit right in with the second Language of Listening® premise:

“Children act according to who they believe they are.”

In any given situation a child is likely displaying a number of STRENGTHs. Below you will find three lists:

- 100+ STRENGTHs you can explore to find the ones you want to bring out in your child in any situation.
- Super-Star Centering Statements + STRENGTHs that are extra-grounding.
- SWYS Statements + Possible STRENGTHs. This list shows you how to take some of the statements in our SWYS booklet a step further by adding a STRENGTH. Choose whichever STRENGTH you feel suits the action best or whichever one you WANT to bring out in your child.

(Additional SWYS phrases and examples of the third coaching tool, CAN DOs, can be found in our other two booklets that you can purchase to complete your set of three Language of Listening® resources.)

100+ STRENGTHS

ASSETS

Able
Adaptable
Adventurous
Ambitious
Coordinated
Creative
Daring
Eager
Energetic
Finder/spotter
Flexible
Hard-working
Imaginative
Inspired
Musical
Resourceful
Spunky

EMOTIONS

Comfortable with your feelings
Expressive
Know how to calm yourself
Know how to get the mad out
Know how to help yourself feel better
Know how to show joy
Know how you feel
Love big feelings
Peaceful

RELATING

Accepting
Attentive
Caring
Considerate
Fair
First-time listener
Generous
Includer/Inclusive
Kind
Know how to share
Know how to take turns
Know how to look out for other people
Listener
Loving
Loyal
Thoughtful
Welcoming

100+ STRENGTHS

RESPONSIBILITY

Dependable
Helper
Honest
Keep your things safe
Know the importance of ____
Leader
Money-saver
Organizer
Recycler
Reliable
Responsible
Thrifty
Trustworthy
Wise with money

SELF

Ask for what you want
Committed
Determined
Don't give up easily
Have self-control
Know exactly what you need
Know how to care for your body
Know how to entertain yourself
Know how to have fun
Know how to stop yourself
Know what is important to you
Know what works for you
Know what you like/want
Listen to your heart
Look after yourself
Patient
Persistent
Self-aware

SAFETY

Aware
Brave
Careful
Cautious
Danger-spotter
Keep yourself safe
Know the rules
Like to follow rules
Noticer
Rule-follower
Safety-minded

100+ STRENGTHS

SELF-DIRECTION

Capable
Conscientious
Efficient
Experimenter
Explorer
Have sound judgment
Judicious/well-judged
Know what to do
Like to make the rules
Not afraid to try new things
Self-directed
Self-motivated
Self-reliant
Sensible
Wise

THINKING

Curious
Decision maker
Decisive
First-time rememberer
Focused
Intellectual
Knowledgeable
Learner
Observant
Pay Attention
Perceptive
Planner
Problem-solver
Quick decision maker
Rememberer
Savvy
Studious

SPEAKING

Assertive
Clear communicator
Expressive
Connective
Emphatic
Inspiring
Polite
Speak Up For Yourself
Stand up for yourself
Well-spoken

Super-Star Centering Statements + STRENGTHs

“You didn’t like that. → You know just what you like and don’t like. That shows you are self-aware.”

“You figured it out! → That shows you’re a problem-solver.”

“You remembered! → That shows you pay attention to what others say.”

“You noticed. → That shows you are observant!”

“You kept at it even though it was hard. → That shows you don’t give up easily!”

“You stopped yourself. → That shows you have self-control!”

“You asked for help when you were struggling. → That shows you are a good communicator AND resourceful.”

“You found a way to get what you want AND follow the rules. → That shows you’re creative!”

“You calmed yourself. → That shows you know what works for you.”

SWYS Statements + Possible STRENGTHS

You gave Emma a hug. You saw she was sad. That shows you...

- Are an includer/inclusive
- Are attentive
- Are caring
- Are generous
- Are kind
- Are loving
- Are thoughtful
- Know how to look out for other people

You're putting on your PJ's. That shows you are...

- Capable
- Dependable
- Efficient
- Reliable
- Responsible
- Self-directed
- Self-motivated
- Self-reliant
- Sensible

You put your shoes on all by yourself. No need for reminders! That shows you...

- Are a first-time rememberer
- Are capable
- Are independent
- Know what to do to be on time
- Responsible
- Self-directed
- Self-motivated
- Self-reliant

You chose your own dress to wear. That shows you...

- Are a decision maker
- Are capable
- Are efficient
- Are self-reliant
- Are self-directed
- Know what you like

You spoke calmly when you were frustrated. That shows you...

- Are a clear communicator
- Are assertive
- Are considerate
- Are polite
- Are self-aware
- Are thoughtful
- Have self-control
- Speak up for yourself

You asked your sister to move away from your Lego project so it stays safe. That shows you...

- Are considerate
- Are fair
- Are responsible
- Are sensible
- Are wise
- Ask for what you want
- Know exactly what you need
- Look after yourself

SWYS Statements + Possible STRENGTHs

You got upset, you walked away, and you calmed down. That shows you...

- Are responsible
- Are self-aware
- Have self-control
- Listen to your heart
- Look after yourself
- Know exactly what you need
- Know how to calm yourself
- Know how to help yourself feel better

You feel great! You're ready for school, and it's still early! That shows you...

- Are capable
- Are conscientious
- Are dependable
- Are efficient
- Are reliable
- Are responsible
- Are self-reliant
- Are sensible

You looked at me when I asked you something. You're showing me you are listening. That shows you...

- Are a listener/first-time listener
- Are attentive
- Are connective
- Are considerate
- Are polite
- Are thoughtful
- Have self-control

You're feeling proud! You learned to ride your bike all by yourself! That shows you...

- Are able
- Are adventurous
- Are brave
- Are determined
- Are persistent
- Are resourceful
- Don't give up

Looks like you're working hard to come up with a solution. That shows you are...

- A planner
- A problem-solver
- Ambitious
- Creative
- Flexible
- Focused
- Imaginative
- Inspired

You came to the bathroom. You knew just where to go! That shows you...

- Are a rememberer
- Are responsible
- Are self-reliant
- Are sensible
- Know how to take care of your body
- Know what to do
- Look after yourself
- Pay attention

SWYS Statements + Possible STRENGTHs

You let go of the doll. Now Ella can pick it up and have a turn. That shows you...

Are fair
Have self-control
Know how to share
Know how to take turns
Know the importance of sharing
Know the rules

You're telling me just how hard it is for you, yet you're still trying. That shows you are...

Brave
Capable
Daring
Determined
Energetic
Hard-working
Perceptive
Self-aware
Spunky

You're holding tight to my arm. You don't feel ready to tell me goodbye.

That shows you...

Are self-aware
Know exactly what you need
Know how to help yourself feel better
Know how you feel
Know what works for you

You looked both ways before crossing the road. That shows you...

Are a danger-spotter
Are a first-time rememberer
Are a rule-follower
Are aware
Careful
Cautious
Know how to keep yourself safe
Know the rules
Pay attention
Safety-minded

You kept looking for your lost book until you found it. You are...

Conscientious
Dependable
Determined
Focused
Persistent
Reliable
Responsible

Of course you're fed up! You wanted to have a fun day at school, and (you're telling me) it wasn't fun at all!

That shows you...

Are expressive
Are self-aware
Know exactly what you need
Know how to get the mad out
Know how to help yourself feel better
Know how you feel
Know what works for you

SWYS Statements + Possible STRENGTHs

Sounds like you like having down time when you get home. That shows you...

- Are a clear communicator
- Are hard-working
- Are self-aware
- Ask for what you want
- Know exactly what you need
- Know the importance of rest
- Know what is important to you
- Know what you like
- Look after yourself

Looks like you want to protect your favorite doll. That shows you...

- Are a danger-spotter
- Are careful
- Keep your things safe
- Know what's important to you
- Listen to your heart
- Stand up for yourself

You told him when he could have it, so now it will be easier for him to wait.

That shows you...

- Are a helper
- Are a problem-solver
- Are a quick decision-maker
- Are caring
- Are considerate
- Are fair
- Are loving
- Are thoughtful
- Know exactly what you need
- Know how to look out for other people
- Know how to share
- Know how to take turns
- Look after yourself

You're pouring your own water.

That shows you...

- Are able
- Are capable
- Are responsible
- Are self-motivated
- Are self-reliant
- Know exactly what you need
- Know what to do
- Know what you want
- Look after yourself

You're wiggling! So hard to sit still!

That shows you...

- Are eager
- Are energetic
- Know exactly what you need
- Know the importance of staying in your seat
- Know what works for you

SWYS Statements + Possible STRENGTHs

You turned off the computer as soon as the timer sounded. That shows you...

- Are a listener/first-time listener
- Are a rememberer/first-time rememberer
- Are a rule-follower
- Are aware
- Are conscientious
- Are considerate
- Are dependable
- Are reliable
- Are responsible
- Are self-reliant
- Are sensible
- Are trustworthy
- Have self-control
- Know the rules
- Know what to do

You're disappointed the time is up. Stopping time ALWAYS comes too soon for you. That shows you...

- Are focused
- Are self-aware
- Have self-control
- Know exactly what you need
- Know how you feel
- Know the importance of stopping on time
- Know what is important to you
- Know what you want

Seems like you're trying to figure out a way that will work to get more time. That shows you...

- Are a problem-solver
- Are committed
- Are creative
- Are determined
- Are imaginative
- Know what is important to you
- Know what you want

ABOUT THE AUTHORS

Camilla Miller

Camilla is a mother of two based in West Sussex U.K. As a qualified primary school teacher, she didn't think much about her parenting skills until her second child was born...then BAM! This child was more reactive, impulsive and threw epic tantrums.



Camilla knew there had to be a way to raise kids that didn't include constant struggles, naughty steps, or reward charts, and she was right. When she discovered Language of Listening® her first thought was, "Why did no one tell me this before?!!"

Camilla's passion is to support parents to really understand their child, especially the more challenging, reactive kids, and give parents the tools they need to transform family life. As an authorized coach, Camilla shares Language of Listening® tools on her blog, and coaches parents privately and through her courses, workshops, and Facebook group: [facebook.com/groups/keepingyourcoolparenting](https://www.facebook.com/groups/keepingyourcoolparenting).

Contact her at Keeping Your Cool Parenting on Facebook or on her website: [keepingyourcoolparenting.com](https://www.keepingyourcoolparenting.com).

Rosemary Clark

Rosemary Clark lives in Canada with her husband and best friend, Steve, and their two sweet girls. After a difficult childhood, Rose ached to learn how to parent in a way that comes from the heart and honors children as separate individuals with their own unique thoughts and feelings.



"I knew what kind of a mom I wanted to be but I didn't know if those tools existed - then I found Language of Listening®." Now, as an authorized Language of Listening® coach, Rose is thrilled to work with moms to equip them with tools to uncover the messages their heart has been sending them for decades so they can get REAL Self-Care, hold boundaries with ease and show up for their families in ways they truly ENJOY. Connect with Rose by joining her Facebook group: [facebook.com/groups/lovethewayyouparent](https://www.facebook.com/groups/lovethewayyouparent) and by following her on Instagram: [instagram.com/love.the.way.you.parent](https://www.instagram.com/love.the.way.you.parent).

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