

Better Thinking

Learn about your **APPRECIATION LANGUAGE** For **Colleagues, Family & Friends**

Do you know each person's appreciation language?

It is useful to show appreciation appropriately to those around us. This leads to more harmonious relationships and good results. Sometimes we give or receive appreciation and do not notice. Understanding your own preferences, and others, assists us to communicate more clearly.

Here is an exercise for you and your colleagues or family members to try. Rate each sentence on a scale from 1 to 5, according to what would make you feel most appreciated by a colleague or family member. 5 represents what you most appreciate, while 1 represents what you least appreciate. Do not repeat a number within each group.

*Note well: physical touch may not be appropriate and not appreciated in the workplace. We feel appreciated in different ways from different people in our lives according to their roles, so compare colleagues with colleagues, and family members with family members.

If you would like to discuss your results, please contact "Better Thinking" through BetterThinking.co.nz or email success@betterthinking.co.nz

What would make you feel most appreciated?

(number these on the right, 5 for most appreciated, to 1 for least appreciated)

GROUP ONE:

- A. A member says, "You really did a great job. I appreciate it."
- B. A member unexpectedly does something in or around theoffice/house/garden that you appreciate.
- C. A member brings you a surprise treat from the store.
- D. A member invites you to go on a leisurely walk just to chat.
- E. A member makes a point of giving you a handshake, *hug or kiss beforeleaving the office/house.

GROUP TWO:

- A. A member tells you how much he or she appreciates you.
- B. A member volunteers to do a job for you and encourages you to relax.
- C. A member brings you flowers/brings you a treat.
- D. A member invites you to sit down and talk about your day.
- E. You enjoy receiving a 'high 5', *hug from a member even if just passingfrom one room to another*.

GROUP THREE:

- A. During a gathering you hear a member tell about one of your recentsuccesses.
- B. A member cleans your dishes for you.
- C. A member surprises you with an unexpected gift.
- D. A member surprises you with a special outing.
- E. A member shakes your hand, pats you on the back, *holds your hand ortouches you in a loving, friendly way while at a public event.

GROUP FOUR:

- A. A member praises you about one of your special qualities or abilities.
- B. A member brings you lunch.
- C. A member surprises you with a membership to something you've alwayswanted.
- D. A member plans a special night out for you and him/her
- E. A member drives you to an event when you need a ride.

GROUP FIVE:

- A. A member tells you how much his/her friends/colleagues appreciate you.
- B. A member takes the time to fill out the long, complicated application formsthat you had hoped to find time for.
- C. A member sends you something special through the mail.
- D. A member kidnaps you for lunch and takes you out to eat.
- E. A member gives you a *back rub or pays for someone to.

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YOUR APPRECIATION LANGUAGES RESULTS

Add up all the points for each of the different letters separately.

eg A's scores of 5+2+3+1+5=16

How many points did you add up for:

	Group 1	Group 2	Group 3	Group 4	Group 5	Totals
A		+	+	+	+	=
B		+	+	+	+	=
C		+	+	+	+	=
D		+	+	+	+	=
E		+	+	+	+	=

Now list your results from the HIGHEST to the lowest amount of each letter

- 1
- 2
- 3
- 4
- 5

Write the Appreciation Language group next to the letter, where

A= Words of affirmation

B= Acts of service

C= Gifts

D= Quality time

E= Physical touch

And now **compare your scores** with your colleagues or family or friends.

Wouldn't it be great to speak each others appreciation language everyday?

A little extra tip :

3 things to pay attention to that will give you more information for showing your appreciation for others in more appropriate ways:

1. What does the person ask for?
2. What does the person do when showing appreciation to others?
3. What does the person complain about if they do not get it?

Enjoy showing your appreciation daily and getting better responses from your efforts

If you would like to discuss your results: go to
BetterThinking.co.nz or email success@betterthinking.co.nz

Thank you for participation.