

# Becoming an Encourager

1. One of the best ways to become an encourager is to genuinely seek to bring out the best in the other person.
2. Use encouraging words that are congruent with tone of voice and body language.
3. An attitude of unconditional acceptance and positive regard will always be encouraging.
4. Make your comments positive and focus on effort and improvement.
5. Be an active and reflective listener. Allow the other person to express their thoughts and feelings. Then be empathetic and appropriately encouraging.
6. Learn to credit yourself and build your personal esteem. A person with good esteem will just naturally be a better encourager.
7. One of the goals in providing encouragement is to strengthen other persons and help them learn to self-apply encouragement.
8. Love that is expressed through encouragement is the most powerful kind of encouragement that it is possible to give and will help the recipients to feel positive about themselves and others.
9. Combine encouraging words with encouraging actions.
10. An encourager never takes advantage of others regardless of their situation.
11. As an encourager, you will not have any problem finding people who are in need of encouragement because today's society is so focused on the negative.
12. An attitude of serving others in love will communicate the kind of caring that is always encouraging to others.
13. Encouragement should not be confused with praise. Praise focuses on performance, achievement and the finished product whereas encouragement focuses on effort, improvement and the person. It is always safe to encourage.

Praising another person may backfire (if that person has low esteem) and may also promote self-centeredness. Encouragement will promote a serving attitude, praise will not.

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