

SAY THIS, NOT THAT:

Words to Celebrate a Sanguine's Strengths

Words are powerful. The right ones at the right time will land like a confetti cannon over a Sanguine child. The trouble is that the opposite is true too. Certain words and phrases are guaranteed to dull their sparkle.

As a parent, teacher, coach, or other grown-up, every word you say to a child will build them up or tear them down. The choice is yours... after all, *every word you use is a word you choose.*

Let's look at what to say (and what not to say) to a Sanguine child.

SAY THIS

- 1 I love your **energy**! Practice wouldn't be the same without you.
- 2 What a smart question. Thanks for being **curious**.
- 3 That project is so **creative**. I'm impressed!
- 4 Your **spontaneity** makes you so much fun to be around.
- 5 You give the best hugs. I love how **affectionate** you are!
- 6 You're right! We can make it work. You always **see the bright side**.
- 7 I know he hurt your feelings last week. It's inspiring of you to **not hold a grudge**.
- 8 You tell it. Your **stories are always the best**.

- 9 Thanks for coming to lunch with me. You're so **easy to talk to**.
- 10 You are an absolute **joy to be around**.
- 11 You **look amazing** today. That outfit is awesome!
- 12 Want to come with me? It will be an **adventure**!
- 13 People just love being around you. You're **magnetic**.
- 14 I could use some of your **optimism**.
- 15 I saw you **include** everyone in the game at recess. That was really kind.
- 16 It can be hard to admit when you're sad. How brave of you to **show your true emotions**.
- 17 It's always better when we're **together**.
- 18 How **friendly** of you to talk to the cashier!
- 19 You can walk into a room of strangers and come out with a **new friend**. How do you do it?
- 20 Your **cheerfulness** is just what I needed today.

There is no magic in the sample words and phrases I've provided. Look closely and you may notice that they coincide directly with the list of Sanguine strengths. Building up a child with your words is as easy as affirming the strengths they are wired with.

So, if you ever get stuck coming up with the right thing to say, simply tell a child, "I believe that you are so **(insert strength)**."

NOT THAT

Here are the kinds of words to avoid when speaking to a Sanguine child:

1 *Can you stop distracting others and just focus for a minute?*

2 *Please don't interrupt me with questions right now.*

3 *Whoa! You've made a huge mess on the table.*

4 *I'm not in the mood for your antics today.*

5 *Can you please respect my personal space? I'm really not a hugger.*

6 *I think we should give up. This just isn't going well.*

7 *Not everyone needs to be your friend.*

8 *I think you're exaggerating the story a little bit.*

9 *Get to the point, please. I don't have all day.*

10 *You can be a lot to handle sometimes.*

11 *You look awful today. Is something wrong?*

12 *Let's just go eat at the usual place. It will be easier than somewhere new.*

13 *Now you're just showing off.*

14 *That's not how the world works. Trust me—someday you'll see.*

15 *He doesn't want to be around you right now. You hurt his feelings.*

16 *Everything is always so dramatic with you.*

17 *Would it kill you to be alone for a little while?*

18 *Shhhh. Please just stand next to me and be quiet.*

19 *Must you always be the center of attention?*

20 *You need to calm down.*

You don't have to say something mean to tear down a child with your words. Anything that undermines or devalues the strengths they are wired with is likely to have a negative emotional impact.

Be on guard for words that may be twisting their strengths or criticizing (rather than coaching them through) their weaknesses.