

Differences between Praise and Encouragement

From Positive Discipline by Jane Nelsen

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	Praise	Encouragement
Dictionary Definition	<ol style="list-style-type: none"> To express favorable judgment of To glorify, especially by attribution of perfection An expression of approval 	<ol style="list-style-type: none"> To inspire with courage To spur on: stimulate
Addresses	The doer; "Good Girl."	The deed; "I appreciate your help."
Recognizes	Only complete, perfect product; "You did it right."	Effort and improvement: "You gave it your best." Or, "How do you feel about what you accomplished?"
Attitude	Patronizing, manipulative: "I like the way Suzie is sitting."	Respectful, appreciative: "Who can show me how we should be sitting now?"
"I" message	Judgmental: "I like the way you did that."	Self-directing: "I appreciate your cooperation."
Used most often with	Children: "You're such a good girl."	Adults: "Thanks for helping."
Examples	"I'm proud of you for getting an A" (Rob's person of ownership of own achievement.)	"That A reflects your hard work." (Recognizes ownership and responsibility for effort.)
Invites	Children to change for others. "Approval junkies"	Children to change for themselves. "Inner direction."
Focus of control	External: "What do others think?"	Internal: "What do I think?"
Teaches	What to think. Dependence on the evaluation of others.	How to think. Self – evaluation.
Goal	Conformity. "You did it right."	Understanding. "What do you think/learn/feel?"
Effect on sense of worth	Feel worthwhile when others approve	Feel worthwhile without the approval of others
Long-term effect	Dependence of others	Self-confidence, self-reliance.