

What You Say Is What You Get™: Powerful Appreciation for Parents and Children of All Ages

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"Dr. Appreciation"**

Introduction

This article contains excerpts from Dr. Linne's e-book, [What You Say Is What You Get™: Powerful Appreciation for Parents and Children of All Ages](#). The book offers you many questions, answers, practical how-to's, and powerful stories, like this one:

A Son in Trouble, A Troubled Mother

The woman sitting next to me on the plane choked up in anguish as she told me about her son, Tom, in trouble due to drugs. They had to ship him out of state to a small, strict, religious college, to get him away from "bad influences". He had to clean up his life completely or the felony would stay on his record. She was clearly frightened, and she is not alone. Many parents worry about their children. Do you?

A Bright Shining Student

Another college student, "Tanya", at a large metropolitan university was very successful, getting straight A's, contributing in class, happy, enthusiastic, well mannered.

What was the difference between these two young people?
How much appreciation did they receive at home?

Questions for Parents, Teens, and Children

- ✓ How high is your self-esteem as a family?
- ✓ How high is your parental self-esteem?
- ✓ How high is your children's self-esteem?
- ✓ Have you always wanted more appreciation from your parents?
- ✓ Have you always wanted more appreciation from your teens and children?
- ✓ Do you hesitate to do the right thing because you are not sure of yourself?

As parents, do you ask yourself every day:

- ♥ What can I do to make a positive difference for my children in this crazy world?

Huge Challenges for Parents and Children

We have seen huge increases in negative influences on children now, beyond those facing earlier generations.

- Drugs,
- Foul language everywhere,
- Constant insults,
- School violence,
- Hatred and violence presented as normal in visual media, music, movies, and television.
- Unthinkable Internet influences.
- Peer pressure to be sexually active prematurely, with the risk of teen pregnancy. (80% of 15 year olds are sexually inexperienced, which means that one of 5 15 year olds are not! Carol Weston, author of Girl Talk.)
- Loss of joyful innocence.

As a parent, do you long to give your children a better chance in this difficult world? Of course you do. This increase in negative influences must be met with a huge increase in positive influences, just to stay even! One of the

most powerful influences is what you say, for What You Say Is What You Get™.

Take heart, for there is one thing you can do that can make a big difference. You have the power of your words.

The Power of Appreciation

Appreciation is a deep human need. Everyone needs it. Children need to be appreciated in very specific ways in order to build their self-esteem as a foundation for life.

*"The deepest craving in human nature
is to be appreciated."
William James*

A key part of parents' job involves teaching children and teens their best, their strengths, so they grow up with a positive sense of themselves, with high self-esteem.

People go numb from the lack of appreciation and don't even realize that they give up hope. They don't realize how much stronger and happier they can be with a good supply of appreciation coming to them and from them.

Without appreciation, children suffer from many problems. These are only a few:

- 👉 Negative distorted self-image.
- 👉 Not able to see the world with a positive view.
- 👉 Not owning one's strength and power.

With appreciation, children:

- ♥ Know their strengths, what they do well.
- ♥ Have a stronger sense of self, of their own identity,
- ♥ Are less vulnerable to peer pressure to get in trouble,
- ♥ Are "seen", cared about & valued by parents as unique,
- ♥ Have higher self-esteem, are more optimistic.

Your Family Appreciative Quotient (AQ)[™] - How High Is It?

Without creating a positive appreciative family, the negatives will take over. If you have that sense that something is not quite right, ask yourself:

- ♥ How much time do we spend as a family saying and doing positive things together?
- ♥ What percentage of my words to my children are positive and appreciative?

Appreciation Success Secrets: Helpful Handy Household Hints

Appreciation is part heart, and part skill. In the book there are 10 powerful guidelines to follow to make sure you know what you are doing. The first three are the three S's:

1. Be **specific**.
2. Be **sincere**.
3. Give it **soon**.

After reading and using "Dr. Appreciation's" work on appreciation, one mother, a judge, said:

"Witness: In one day of communicating more positively with my own children, they brightened at my coming and hastened to fulfill my requests. And this after years of resisting their chores!"

Summary

Appreciation is the language of strengths, of self-esteem, and responds to a deep human craving. It gives us a language to express our caring, our ability to see and appreciate the best in each other. Children need appreciation to build self-esteem. We all need appreciation

from each other and suffer without it. Learn how to give and receive it in Dr. Linne's e-book!

*"Without full knowledge of your best,
you have only half the truth—the worst half".*

Dr. Linne's Power Quote

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Who Is “Dr. Appreciation”, Dr. Linne Bourget?

Despite ridicule and rejection, “Dr. Appreciation” wrote her Ph.D. dissertation on appreciation, the foundation for all of her work for over 20 years. Now, with more awareness of the need for self-esteem and appreciation, families and businesses need to learn the specific guidelines and skills for successful appreciation. She is an executive coach, positive leadership mentor, and speaker.

She helped Mark Victor Hansen (Co-creator, #1 *New York Times* best-selling series Chicken Soup for the Soul® and Robert Allen market their best-selling book The One Minute Millionaire, during its launch. She is in their Inner Circle, one of the few chosen, and the only one asked to present a workshop during a week-long meeting in Tahiti. The topic? Appreciation!

Dr. Bourget’s Ph.D. in Change Leadership (with studies at Harvard and MIT) and M.A. in Psychology are from Boston University, where she pioneered positive change. Her M.B.A. and B.A. are from The University of Chicago.

Working her way through all four degrees, she made theory practical. She has appeared on television and radio, and spoken at many client and professional conferences.

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You can find “Dr. Appreciation’s” e-book on the MindOh website!