

## EPISODE 150 THROW ME A BONE

### 5 WAYS WE'RE STINGY IN OUR COMMUNICATION

#### 1. RECOGNITION

- “Recognition” means having the emotional intelligence to be able to recognize the mental & emotional need of the person talking to you
- Doctors take time to diagnose the condition and target their medicine
- What was the attitude behind the gift?
- It takes awareness to recognize the need of the moment

#### 2. APPRECIATION

- We're stingy thankers
- It's a busy and distracted world. Saying “thanks” is a way of saying, “I saw that. I know what you did. I understand the effort you put into it. No one else may notice, but I did.”
- What's the #1 thing that keeps us from showing appreciation? The fact that we feel unappreciated ourselves

#### 3. CREDIT

- We can be stingy about showing or sharing credit
- If the spotlight turns to someone else, will it ever turn back to me?
- It takes a secure person to give and share credit

#### 4. ENCOURAGEMENT

- Most of us don't encourage, we give platitudes: “Hang in there. Chin up.”
- But platitudes say, “I see your pain, but I don't want to get involved.”
- We think encouragement is about offering advice, but often we don't have any
- But encouragement is more about noticing and connecting
- Encouragement has to be specific and personal

#### 5. PRAISE

- It takes a secure person to give praise
- Mark Twain: “I can live for two months on a good compliment.”
- Praise has to be specific, genuine, and heartfelt. It takes awareness and a generous spirit.
- If words cost us nothing and take no energy to deliver, why be stingy?

Are there other communication-related topics you'd like to hear the Communication Guys address? Let us know on our [Facebook page](#).