
How To Speak The Language of Virtues

There are 3 parts of a virtues statement



1. *An opening phrase*
2. *A Virtue*
3. *Evidence of how it's being shown*

When you notice your partner practicing a virtue, give a virtues acknowledgment!

Examples of Virtues Acknowledgments:

It was	KIND	of you to help me with my project.
You were	PATIENT	to wait for me so long.
I really appreciate your	COMMITMENT	to our family.
Thank you for your	LOVE AND CARING	especially during this hard time.
Your	ENTHUSIASM	is contagious. It makes me feel great!
I appreciate your	COMPASSION	for my mom, even though she's difficult.
Your	TRUSTWORTHINESS	helps me feel loved and cared for.
I honor you for your	COURAGE	in speaking truth.
I'd like to acknowledge you for your	LOVE	for our children, which meant giving up your golf game today.

*GIVE YOUR PARTNER A VIRTUES ACKNOWLEDGMENT.
BE AUTHENTIC AND SPECIFIC!*