

# FSHS Update

## Excerpt Highlights:

...it is freely given without any obligation....

We show appreciation because we want to demonstrate our thankfulness.

Put your appreciation in words....



*This Fact Sheet is for public distribution.*

## Appreciation: Making your family stronger

*Appreciation is a genuine expression of gratitude. It recognizes the value of what another person has done for us.*

We show appreciation because we want another person to know how much we value what they have done. True appreciation is not fake and manipulative; it is freely given without any obligation on either the person doing it or hearing it. True appreciation is an *invitation, not an expectation*. Showing appreciation invites the other to do likewise sometime in the future. We do not expect the other person to do so. Our appreciation shows we care about the other person and are not doing it for self-serving reasons.

Two things can happen when a person is clearly appreciated. First, that person better understands what we like and is more likely to repeat that behavior in the future. Second, the experience of being appreciated may increase the likelihood of that person expressing appreciation to others as well. Neither of these results will occur if the person believes the appreciation is fake and manipulative.

We show appreciation because we want to demonstrate our thankfulness. Expressing our appreciation toward another on a regular basis also helps when

conflict arises as each of you recognizes your importance to each other making it easier to express your disagreements in a respectful matter.

### Showing appreciation

1. Be aware of and recognize the value of what another person has done.
2. Consider how that response is important to you.
3. Put your appreciation in words in these steps:

Step 1. Clearly tell the other person what she or he did at a time when it is convenient for the other person to receive the message.

Step 2. Say, "I appreciate what you did."

Step 3. Share the reason for your appreciation.

The tone of your voice, facial expression, body posture, and timing of your message will convey the honesty of your words.

*Jamie, you have been playing so quietly this morning. I really appreciate that because mommy is sick and needs to sleep.*

*Carl, you work so hard every afternoon to get dinner ready for us. I know that's not easy. I really appreciate what you do.*



*Samantha, every day when I come home from work, you come running to me with a big smile and hug. That makes my day. I appreciate your caring.*

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**Activity sheet**

Identify two reasons why appreciation is important.

*The tone of your voice, facial expression, body posture...convey the honesty of your words.*

Over the last week has someone in your families done something you appreciated but you never *expressed* your appreciation to that person? If so, what happened?



Identify two things you will do to *express* appreciation to someone in your family over the next week.

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