

## **PRAISE**

## **ENCOURAGEMENT**

Reward based on achievement

Emphasizes effort, improvement, and the individual's own resources and assets

Focus on external control

Focus on the person's own ability to manage life constructively

Focus on external evaluation

Focus on internal evaluation

Rewarded only for well-done completed tasks

Recognizes effort and improvement

Focus on self elevation and personal gain

Focus on assets, contribution, appreciation

Person learns to conform or rebel

Person learns courage to be imperfect and willingness to try

Self-worth is based on others' opinions

Self evaluation

Worth measured by how close to perfection the person comes

Recognition of intrinsic worth

Competitive

Uninterested in comparisons

Setting of unrealistic standards

Learns to accept efforts of self and others

