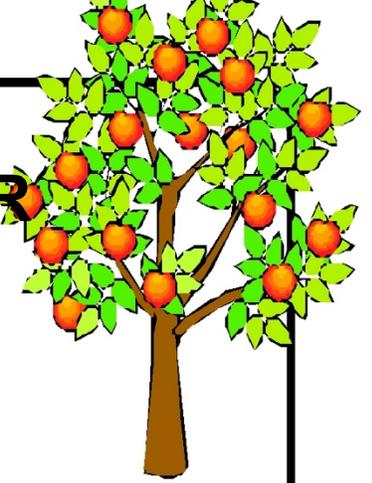


# VIRTUES: THE GIFTS OF CHARACTER



Assertiveness  
Caring  
Cleanliness  
Commitment  
Compassion  
Confidence  
Consideration  
Cooperation  
Courage  
Courtesy  
Creativity  
Detachment  
Determination  
Diligence  
Enthusiasm  
Excellence  
Flexibility  
Forgiveness  
Friendliness  
Generosity  
Gentleness  
Helpfulness  
Honesty  
Honor  
Humility  
Idealism

Integrity  
Joyfulness  
Justice  
Kindness  
Love  
Loyalty  
Moderation  
Modesty  
Orderliness  
Patience  
Peacefulness  
Perseverance  
Purposefulness  
Reliability  
Respect  
Responsibility  
Self-discipline  
Service  
Tact  
Thankfulness  
Tolerance  
Trust  
Trustworthiness  
Truthfulness  
Understanding  
Unity



# THE FIVE STRATEGIES

The Five Strategies of The Virtues Project inspire individuals to live more authentic, joyful lives, families to raise children of compassion and integrity, educators to create safe, caring and high performing learning communities, and leaders to inspire excellence and ethics in the workplace.



## 1. Speak the Language of Virtues

Language has the power to inspire or to discourage. Using virtues to acknowledge, guide, correct and thank awakens the best within us.



## 2. Recognize Teachable Moments

Recognizing the virtues needed in daily challenges helps us to become lifelong learners open to the lessons of character.



## 3. Set Clear Boundaries

Boundaries based on respect and restorative justice create a climate of peace, cooperation and safety in our homes, schools and communities.



## 4. Honor the Spirit

We sustain our vision and purpose by integrating virtues into our activities, surroundings, celebrations and the arts.



## 5. Offer Companionship

Being deeply present and listening with compassionate curiosity guides others to find clarity and to create their own solutions. It supports healing and growth.



# HOW TO SPEAK THE LANGUAGE OF VIRTUES



THERE ARE USUALLY THREE ELEMENTS OF A VIRTUES STATEMENT:

1. An opening phrase needs to be shown
2. A Virtue
3. How the virtue is being shown or

## ---TO ACKNOWLEDGE AND THANK---

It was	kind	of you be friendly to her.
You were really	patient	to wait so long.
I see your	generosity	in sharing your lunch.
It took	courage	to tell the truth
Thank you for being	flexible	about changing the time.
I appreciate your	helpfulness	with setting the table.

## ---TO GUIDE---

Please be	considerate	And talk more quietly.
We need to be	respectful	by listening to each person
How can you show	courtesy	to your grandfather?
How will you	cooperate	with your sister?
What will help you to find your	determination	to finish that problem?

## ---TO CORRECT---

Please be	kind.	That remark hurt.
What would help you to be	tactful	even when you're irritated?
What is a	respectful	way to say that?
We need to be	peaceful.	What would be fair to both of you?



# OFFER COMPANIONING



This is a communication skill that:

- Requires deep listening
- Is most effective when we don't have an "agenda"
- Is meant to support and empower, not fix or rescue
- Primarily consists of silence and open-ended questions
- Requires trust in the other's process



## Open the Door...

Use open-ended questions:

*What's happening?*

*What is it?*

*What are those tears?*



## Offer Receptive Silence

Give them the space to speak fully, to tell the whole story. Be fully present with deep concentration and compassionate curiosity. Shield yourself with detachment, so you can walk intimately with them without taking on their feelings.



## Ask Cup-Emptying Questions

Follow their lead and ask questions that allow them to empty their cup and get to the heart of the matter.

Use *what* and *how* questions, not *why* or *which*.

*"How was that for you?"*

Take your cues from their words:

Speaker: *"I'm really worried."*

Listener: *"What worries you?"*

Speaker: *"I'm just not sure."*

Listener: Either remain silent or ask,  
*"What are you unsure of?"*



## Focus on Sensory Cues

Concentrate on and even repeat words they use that involve seeing, hearing, feeling, sensing. Speaker: *"It was the most beautiful sunset I ever saw."* Listener: *"Beautiful..."*

Speaker's eyes well up with tears.

*"What are the tears for?"*

Speaker is yelling, *"This place is so stupid!"*

Match their volume. *"What's stupid about this*

*place?"* Speaker is crying: *"What are those tears?"*



## Ask Virtues Reflection Questions

When they seem to have gotten to the heart of the matter or the core issue, ask a question that helps them to reflect on a virtue that will help them. About something that is frightening,

*"What would give you the courage to ...?"*

or *"What would give you peace about this?"*



## Ask Closure & Integration Questions

*"What was helpful about talking?"*

*"What's clearer to you now?"*

*"What did you appreciate about this meeting?"*



## Give a Virtues Acknowledgement

This is an essential step in restoring the speaker even if your companioning was brief and did not include all these steps.

*"I appreciate your openness to explore this."*

