



VeteranCaregiver.com Video Resource

Recommended Resources:

Uplifting Three Word Phrases That Matter

Overview:

Words are powerful and can make a significant difference in your life and situations. Here are some positive three-word phrases that are compelling, comforting, descriptive, and possibly helpful to your situations.

Distilling your message to only a few words can make them impossible to misunderstand.

Silent Gratitude Isn't Much Good to Anyone. Gertrude Stein

Words of Meaning and Significance to a Caregiver and Family Member:

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| Empowering - | I love you. |
| Kind speech - | I need you. |
| Gratitude | I appreciate you. |

These three are a “trifecta of abundance” and are best when prioritized and sincere.

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| Realism - | Tell the truth. |
| Please listen - | I feel sad. |
| Motivating - | Take a chance. |
| Calm focus - | I am grateful. |
| Grounding - | Believe in yourself. |