

## ENCOURAGEMENT

### Vocabulary:

Ободрять - **encourage; hearten, cheer up, reassure**

Поощрять- **encourage; give an incentive (to), give a spur (to)**

**to give / offer / provide encouragement** — одобрять

**to find encouragement in smb.** — находить, встречать чьё-л. одобрение

**warm encouragement** — сердечная поддержка

**flash / spark of inspiration** — искра вдохновенья

**divine inspiration** — божественное вдохновение

**to give / offer / provide inspiration** — вызывать, пробуждать вдохновение

**bad / baleful / baneful influence** — дурное влияние

**good influence** — хорошее влияние

**bitter / deep / great / keen / profound disappointment** — горькое разочарование

**to express disappointment** — выражать разочарование

I am fed up with the **frustrations** of everyday life. — Меня достали постоянные неудачи.

**vexation** - досада, недовольство, раздражение

**vexation of mind** — душевные муки

**vexation of spirit** — томление духа

**to express / show annoyance** — демонстрировать раздражение

**to feel annoyance** — чувствовать досаду

### Questions:

- What do you do to encourage yourself when going through hard times? Does it work?
- Who do you talk to for encouragement and inspiration?
- What books offer encouragement and inspiration?
- Which of your family members encourage you most? How?
- How can discouragement help us to grow?
- What do you do when you feel depressed?
- What could someone do to encourage you when you feel depressed?
- What are some saying in your country that bring encouragement?
- What's the most encouraging book you've ever read?
- Which is better a word of encouragement or a letter of encouragement? Why?
- Is time a weapon to fight discouragement with? Why? How?
- How can you motivate others to have hope when it seems like there's no hope?
- Should people just accept whatever comes there way?
- What are some ways you feel you can make a difference in this world.

- How can you make this world a better place?
- How would you encourage a homeless person who had no friends or relatives?
- If you suddenly became handicapped, how would you encourage yourself and others?
- What song encourages you most?
- Who's music encourages you most?
- What television show encourages you most?
- What person has inspired you the most? How?
- What celebrity has inspired you most? How?
- What's your favorite encouraging saying?
- Do you encourage others when you see them crying? How?
- How can you fight discouraging thoughts about yourself?
- When should you see a counselor or psychologist?
- Can church, temples, mosque or other religious places help bring someone encouragement or inspiration?
- What religious books do people turn to for encouragement and inspiration.
- How can you make yourself believe more in yourself.

### **Encouragement Quotes**

*"Experience is not what happens to you; it is what you do with what happens to you."*  
~ Aldous Huxley

*When you feel like giving up, remember why you held on for so long in the first place.*

~ Unknown

*"Instead of giving myself reasons why I can't, I give myself reasons why I can."*

~ Unknown

*"When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us."*

~ Alexander Graham Bell