

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