



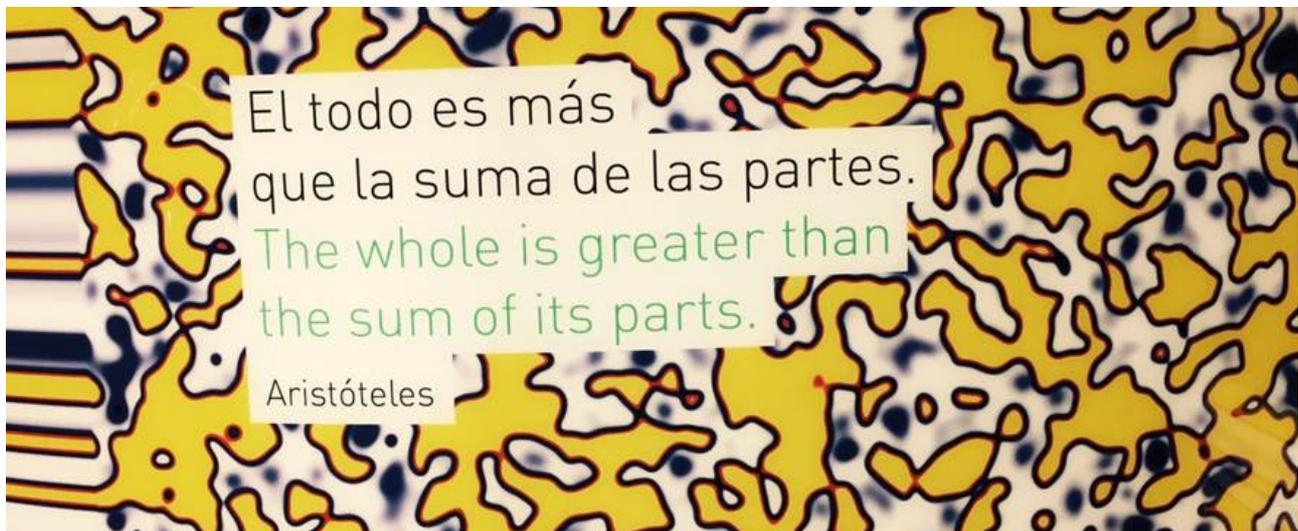
# CARE CANDIES

By Christina Marz

In interpersonal relationships, both within the family and in the work environment, we must be aware that each interaction has the power to influence emotions, and in the case of frequent interactions, even the character of the other person. We all let ourselves be guided by the reaction of others! The examples in this document are small reactions to everyday events, but in sum they will have a great impact on a relationship and heal insecure attachment.

**Care Candies** are statements and actions that tend to develop, maintain or enhance a person's self-esteem and well-being.

The person who receives a **Care Candy** will feel appreciated.



Give **Care Candies** to your family, to your colleagues, and to yourself:

Concept:	What to say to develop it:
Gratitude	Thank you. I am grateful that you did ....
Self-worth	You tied your shoes. You cleaned the garage. You finished the report on time.
Sharing a skill	Now you can play the piano for all of us to listen to. Now that you dominate Excel, can you help Mindy?
Social Impact	When you helped with dinner it allowed me to read. Mindy is very grateful and was able to close the deal on her own.

Concept:	What to say to develop it:
<b>Empathy</b>	I bet that was fun. You really enjoyed that, didn't you? I guess that was hard. I am sorry.
<b>Reciprocal Favors</b>	I am sure tha John wants to play with you tomorrow as you got along so well today. When you help me with ..., I have more time to do ... with you.
<b>Uniqueness</b>	Green is really your colour. Your sun drawing always have the best smiles. This song makes me think about you.
<b>Self-Determination</b>	I would like you to do that, but you decide when. Go ahead if that's what you want to do.
<b>Self-Impact</b>	Practicing this will improve your writing. It is nice to do something for yourself, isn't it?
<b>Impacto</b>	You are very good with those tools. When you water the flowers, they will grow and bloom. If you feed the dogs, they will admire you.
<b>Acknowledge Effort</b>	I can see how much work you have put into that. I am glad that you tried. I am proud of you for trying / finishing that.
<b>Emphasize Strength</b>	That is easier for you now. Your correct answers have a green check.
<b>You are important</b>	Tell me about your drawing. I am interested to hear what you did in school / at work. Tell me about your show / faorite band / soccer team

Hello, my name is Christina Marz and I hope this document will help you improve your relationships.

I am a family therapist and have created MarzMethod© and Horse Guided Empowerment® to help people transform their personal relationships and live a more fulfilling life. I was born in Germany, and have moved to the Andes of Ecuador 20 years. I now live here with my three boys and a herd of horses. The **Care Candies** are derived from a course on hostile adolescents with John F. Taylor and from my training in couples therapy.



If you want more, please write to me at [Christina@ChristinaMarz.com](mailto:Christina@ChristinaMarz.com) for a personal orientation.

With a lot of empathy and love,

*Christina Marz*