

Showing Gratitude

表示感恩是人與人之間互相尊重和欣賞的行為。達賴喇嘛(The Dalai Lama)也說‘When you practice gratefulness, there is a sense of respect towards others.’ 表示向人表達感恩，是尊重的表現，可以促進雙方的關係

但是 How do you show gratitude? What do you usually do when you feel grateful for someone or something in your life?

Show gratitude, 可以用 showed, expressed, extended

一般都會包括：感謝誰(to who), 為何感謝(for what) 以及如何[感謝(how)

例子：

- Peter showed gratitude for the help I gave her. ← 為何感謝 for +(n)/(v+ing)
- Peter expressed his gratitude to his parents for their love and support. ← 感謝誰 to + someone
- Peter extended his gratitude by writing me a card. ← 如何[感謝(by +(v+ing)

而感謝方法有兩種：

1. to do
2. to say

To do,留意我們可以用不同的動詞表示行動

To **bow down**

To **kiss**

To **give** a hug

To give a smile

To **send/write** a gift/a present/a card/a note/An email

以上都是有關如何[感謝，所以我們會用‘BY’

e.g. Peter showed his gratitude to his parents by giving them a hug.

我們還可以

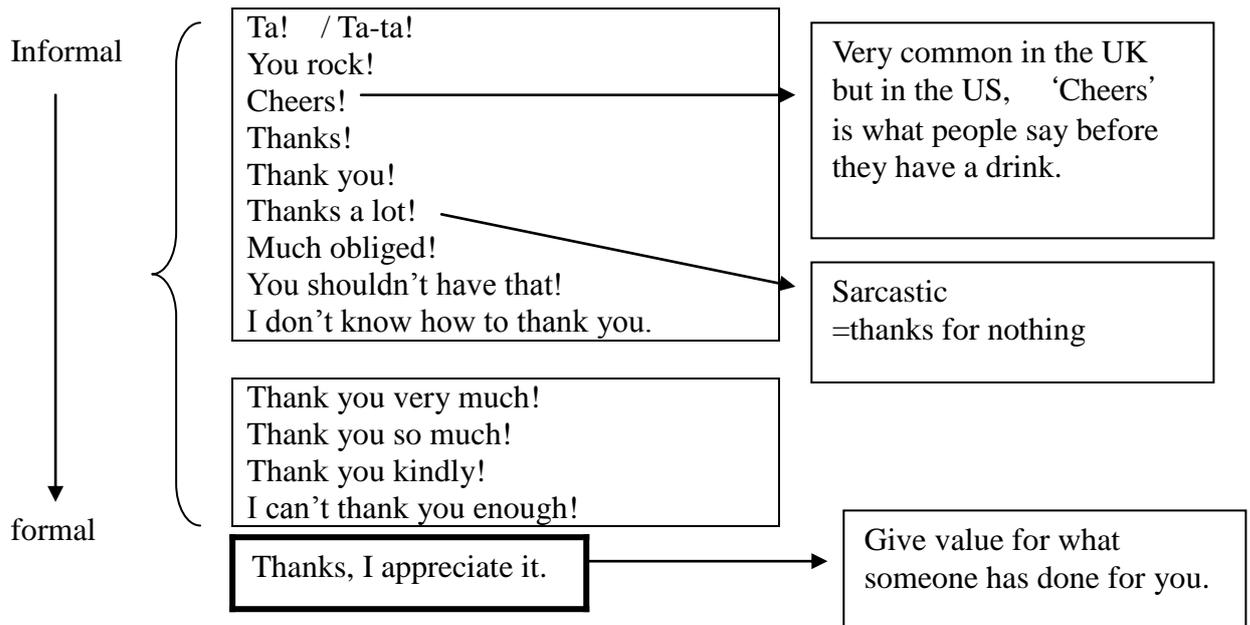
To **spend** time together

To **return** favour

e.g. I expressed my gratitude by giving my colleague a thoughtful hand.

第二種感謝的方式是 TO SAY，我們如何直接說出[感謝的說話。最簡單直接的莫過於‘THANK YOU!’

其他的由 informal 至 formal 的方式，如下表所示：



此外，除了以上感謝的說法外，用 for 可以明確指出感謝的原因，也是很常見的：

Thank you for your encouragement.
 Thank you very much for your help/cooperation/ inspiration/gift.
 Thank you for inviting me to your party.
 Thank you for sending me the message.

明天是 Mother's Day, we can show our gratitude to our mum by reciting her a poem.

Mothers Are a Special Gift
by Faye Diane Kilday

Mothers are a special gift sent
 from God above,
 They bless us with their nurturing,
 And fill us with their love.

They pick us up when we are down,
 And when we're sad they know,
 They're always there to lend a hand,
 And guide us as we go.

And mothers are like special jewels
 that can't be bought or sold...
 A mother's love's more precious
 than the rarest gem or gold.

Yes, mothers are a special gift sent
 from God above,
 And we'll be blessed forever with
 their never ending love!

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