

## The Golden and Platinum Rules

### Matthew 7:12 “The Golden Rule”

Matthew 7:12 Jesus: “So **in everything, do** to others **what you would have them do to you**, for this sums up the Law and the prophets”. (fyi – shorter version found in Luke 6:31).

The Golden Rule is **inclusive** (“in everything”), **proactive and action oriented** (“do”), **positive** (“do to others what you would have them do to you”), and it’s **personal** (“you”).

The Golden Rule is a helpful principle in how we treat others and for making decisions that impact people. As humans, we have a common basis for how we like to be treated. Here are some examples. We all like to be treated with:

Love vs. Hate  
Respect vs. Disrespect  
Forgiveness vs. Unforgiveness  
Kindness vs. Harshness  
Grace vs. Judgment  
And on and on ....

### Platinum Rule – “Treat others as they would like to be treated”

Some would substitute the Platinum Rule for the Golden Rule. A better perspective is that the Platinum Rule as defined above can help us treat others in specific ways once we understand people’s preferences, strengths, and likes. Applications can include:

Gift Giving  
Personal Recognition  
Work Assignments/Duties  
How to Spend Time with another person

Psychologist Gary Chapman wrote the mega-seller “The Five Love Languages” which is focused on our more intimate relationships (e.g. spouse, children, close friends). Gary later partnered with Psychologist Paul White and wrote a similar book geared towards applying the five love languages in work settings. Following are highlights from the book.

### **The Five Languages of Appreciation**

Psychologists Gary Chapman and Paul White identified five ways to show appreciation at work in their book *The 5 Languages of Appreciation in the Workplace*. They found that each person has a primary and secondary language of appreciation. Our primary language communicates more deeply to us than the others. Although we will accept appreciation in all five languages, we will not feel truly encouraged unless the message is communicated through our primary language.

1. **Words of Affirmation.** Includes using words to communicate a positive message to another person. Can include praise for accomplishments (“Thank you for completing the report completely and ahead of schedule”), or affirmation of character (“I appreciate the way you patiently help out your co-workers”), or personality traits (“One of the things I admire about you is your optimism in the face of change”).
2. **Quality Time.** Means giving a person your focused attention and spending more time, discussing the topics that are relevant and important to them.
3. **Acts of Service.** This language involves reaching out to help others—providing practical help and going out of our way to lend a hand.
4. **Tangible Gifts.** Giving the right gift to a person who appreciates tangible rewards can send a powerful message of thanks, appreciation and encouragement. The important thing is to give something that is meaningful and relevant to them.
5. **Appropriate Physical Touch.** Caution is in order, but some team members respond well to appropriate physical touch, like high-fives, fist bumps and pats on the back. We frequently see this in the sports world, but it also can translate to the work environment.