

Accepting Compliments

Receiving compliments often makes women feel uncomfortable. This can lead to a variety of responses that don't let you gain the benefits of the compliment (feeling good about yourself!) and may make the compliment-giver feel self-conscious. For example, people minimize, deflect, or ignore the compliment. Others may respond sarcastically, disagree, or become defensive. Responding to a compliment with a genuine "thank you" while smiling and looking the compliment-giver in the eye is a sure-fire way for both the compliment-giver and receiver to leave the interaction feeling good. Answer the questions below to better understand your barriers to accepting positive feedback and move toward graciously accepting compliments.

Think of two or three recent situations in which you received a compliment or positive feedback.

- 1.
- 2.
- 3.

How did you respond to the compliment? What did you say & do?

- 1.
- 2.
- 3.

Which of these thoughts (if any) contributed to your response?

- They don't mean it.
- They are just saying that to be nice.
- They must want something from me.
- I don't deserve the compliment.
- If they only knew _____, they wouldn't think that.
- If I accept the compliment, they will think I'm conceited.

Any other thoughts that contributed to your response?

- 1.
- 2.
- 3.

Now let's try to change that self-talk. Is there a more balanced way to think about it? For example, you might think "someone complimenting me just to be nice isn't a bad thing – they are trying to be nice"! Or think "accepting a compliment doesn't mean I completely agree with it". What could you say to yourself the next time you are complimented in place of the thoughts above?

- 1.
- 2.
- 3.
- 4.

What would you like to think to yourself and how would you like to respond the next time you receive a compliment? Write your goals below and then try practicing your response to yourself a few times. This practice will make it easier to respond how you would like the next time someone says something nice!