

Boosting Others' Esteem

Giving positive feedback or paying another a compliment can bring out positive emotions in you and strengthen the relationship. However, we sometime hesitate in saying nice things to others. This worksheet will walk you through the risks and benefits of giving compliments.

1. When was the last time you gave a compliment & what did you say?
2. How did the person who you complimented react? What did they do or say?
3. How do you think the compliment made the other person feel?
4. How did it make you feel?
5. What impact did it have on your relationship?
6. Did you hesitate before giving the compliment? Why? If so, did your concern come true? If yes, was it still worth giving the compliment? Why or why not.
7. Now think of a recent time when you could have given a compliment or positive feedback, but didn't. What stopped you?
8. What was lost by not giving the compliment? What was gained?
9. What do you think would have happened if you have given the compliment?
10. If you could go back in time and give the compliment, what would you say?

Tips for Giving Compliments

- Be specific. Rather than saying you look nice, compliment a specific aspect of their look. If you are complimenting their performance in a meeting, give an example of what they did well.
- Be genuine. If you don't mean it – don't say it.
- Don't overdo it. One or two sentences will do. Much more might make people feel uncomfortable.
- Make sure it is appropriate. There is a time and place for compliments. Consider the setting and your relationship with the person before giving the compliment.