Accepting compliments

Notice how you brush compliments off, and practise accepting them.

With low self-esteem, compliments bounce off. They are dismissed ("she was only being nice"), deflected ("this old thing?") or turned around ("no, you are much better"). So the good things people say never get counted.

What I usually do

- [ ] Deny it ("No, it was nothing")
- [ ] Give the credit away ("It was all the team")
- [ ] Point out a flaw ("But I messed up the end")
- [ ] Assume they want something
- [ ] Return one straight away
- [ ] Change the subject
- [ ] Feel embarrassed and say nothing

The practice

1. Notice the urge to deflect.
2. Pause. Look at the person.
3. Say "Thank you." If you can, add "That means a lot" or "I am glad you liked it."
4. Stop there. No "but".
5. Later, write it down.

Date	What was said, and by whom	What I did	What it might say about me

What is it like to let these in?

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