

When Someone Says Something Kind

Practice for the moment someone says something good about you and you brush it off.

WHEN TO USE THIS

Use this if kind words slide off you or make you uncomfortable.

Think of a recent compliment. What did they say, and what did you say back?

What went through you when you heard it?

- ☐ They are only being polite
- ☐ They do not know the whole picture
- ☐ Now I have to say something nice back
- ☐ It felt good, then it felt uncomfortable
- ☐ They must want something
- ☐ I did not really hear it

What might they have actually meant? Take them at their word for a minute.

Write two words you could say next time instead of brushing it off.

Thank you. That means a lot. That is enough on its own.

You do not have to agree with a compliment to let someone give it to you.