

COMPLIMENTS

GIVING AND RECEIVING



Giving compliments increases your happiness.

Research shows you can reliably increase your personal well-being by engaging in random acts of kindness toward others. Paying a compliment is one free and easy way to do this.

Giving compliments makes us grateful.

Being in the habit of giving compliments helps us notice and appreciate what's good and what we like in those around us.

Giving compliments develops and strengthens personal relationship.

By generously expressing what you like about others, you make others feel good about them and allow them to make you feel good about you.

Giving compliments increases your stress resilience and physical health.

Research shows the amount of positive versus negative emotions people experience is a surprisingly big predictor of health. Your positive-negative emotional balance has a substantially effect on you.

Giving compliments causes a ripple of positive emotions.

Positive and negative emotions are contagious. They spread like a wave through social networks. Simple small acts like giving compliments add up for you, and also go a surprisingly long way to help others.

TO SUM IT UP—SEEING GOOD AROUND YOU, DRAWING ADMIRABLE PEOPLE TOWARDS YOU, FOCUSING ON THE POSITIVE, BUILDING A HUB OF INSPIRATION — ALL OF THAT TOGETHER HAS THE SUPERPOWER TO FORTIFY YOUR HAPPINESS AGAINST EVERYDAY STRUGGLES.

Good compliments are—

Honest

Unless you mean what you say, all the fireworks and confetti will sum up to nothing. People can read insincerity. A good compliment doesn't have to be over-the-top. It can be simple. But it has to be honest..

Specific

Compliments are about noticing things about people. People appreciate it when others notice nice little things about them. It also tells them you're paying attention. something rare and desired.

Why are compliments hard to accept?

Confidence and self esteem.

If a compliment relates to something we do not believe about ourselves, this can trigger internal conflict. Someone must be wrong! are they lying? Are they mocking me? If you struggle to believe other people when they're kind to you, you want to shirk any expectations as soon as possible and respond with a response such as 'it was a lucky guess' or 'I had lots of help'.

Boastfulness

In our society we are taught that being boastful isn't an admirable quality, especially in women. Some compliments trigger this in us and we deflect with responses like 'this old thing' or 'I got it in Asda's sale'.

How to accept a compliment

It's good for our brains to be told we're good. The more we reject compliments the harder it gets to believe them. It can take time and practice to say 'thank you' and embrace the positive.

And I think you are great for reading all the way through this handout, you are very thoughtful and conscientious.