

## ACCEPT COMPLIMENTS

Some of us are just as uncomfortable receiving compliments as we are receiving criticisms. Many believe that they must discount the compliment in order to avoid appearing conceited:

“Oh, it was really nothing.”

“It wasn’t that good. I goofed up in several places.”

“This old thing? It’s such a mess.”

“If you really knew the truth, you wouldn’t think what I did was so great.”

“Well, thanks, but I really don’t deserve it.”

As a result, compliments get shut out, and the person who gave the compliment feels discounted.

Accepting a compliment acknowledges both ourselves and the person who offers it. One of the most simple, effective, and graceful ways to accept a compliment is to say, “Thank you. I appreciate that.”

Often we receive a compliment for a result that others helped us achieve. When that’s true, we can acknowledge the fact. This does not mean dodging the compliment or suggesting that we’re unworthy. It does mean telling the truth about others who helped achieve the goal.

We can accept a compliment and at the same time share the credit with others who deserve it.



