

Learn To Take A Compliment

Sometimes it's hard to take a compliment because it means you have to accept positive feelings about yourself—and that can feel uncomfortable when you haven't done it much! If you can learn to reflect on your own positive qualities, you will feel less caught-off-guard when those in your life express genuine appreciation.

Think of a time when someone important to you gave you a compliment. It might take a minute to remember, but we guarantee there's something! What about you, your personality, your behavior, etc. made the other person feel good?

What does this attribute or behavior mean to you?

What might your friends and loved ones enjoy or appreciate about this behavior/trait/etc.? What benefits does this part of you bring to those people?

What else does this trait or behavior add to your life?