

## Ep 124 – Giving and Receiving Compliments – Rough Transcript

/Do you get weirded out about either giving compliments to people/or accepting compliments from people? You won't be alone./So keep listening because I'm got/three tips in five minutes that might just get you over that/hurdle. And I'm going to start off by explaining why it would be a/great advantage to get over that 'compliment giving and receiving'/awkwardness. Welcome. I'm Trisha Lewis. This is the /Make it Real podcast. This is one of these short episodes and/in this episode we're going to unwrap giving and receiving compliments/in five minutes and give you three very practical steps/to give it a go. So what's the problem and why would it be/good to get over it? The problem is self consciousness, and we're all guilty of/that a lot of the time. But the more you can, as I say, get out of your head, the/better. Being too much in your head and stopping yourself from saying/things or owning things is a form of self squashing, which, you know,/I go on about. So with giving compliments, you may be/thinking, oh, this feels needy. It feels like I'm sucking up to this person./It's going to be awkward for them. With receiving compliments, it/feels maybe that you think you're being superior in some way by accepting it or/up yourself or arrogant. You're worried about something happening that actually/isn't rationally going to happen. But that's the way our minds work. Getting over this/hurdle is good because giving and accepting compliments is part/of connecting with somebody. It's part of you showing who you are, being/spontaneously authentic, if you like. When you give a compliment or/even accept one, you sometimes open up a portal to really interesting/conversations because you suddenly find connections to that compliment with something else./It takes you off the rather bland business script, if you like, of your/conversation. So, yeah, it's definitely worth doing./But how do you get over the hurdle? Here's the three steps./Step one. When you feel/that resistance to giving a compliment, I/suggest that you just break through it. Now, that's easier said than done, but give it a go./The way to do this is to say what you have genuinely thought and/say it right then and there. Do not start thinking about exactly how/you're going to say it. Is it right to say it? Shouldn't I say, is this going to look weird? Just/say it. Obviously, this is for the things that are nice, not the things you might be/thinking that are negative, but that genuine sense of, I really love that/necklace. What a great new pair of shoes you've got. I love the/way you find humor in that situation. You're so good at that. Whatever it/is, whatever it is, it can be a silly thing, a bigger thing, but just say it/because you felt it and it's going to sound spontaneous. Not easy./Okay, now, that just takes a bit of practice. And the point

is, it's exposure therapy, isn't it? Because when you realize nothing terrible's happened and in fact good things are happening, you might be brave enough to do it more often. (2) When it comes to accepting compliments. Number one, do a reframe. If I don't accept this compliment naturally, easily, willingly, I'm going to make the person who gave it feel awkward. Now, you don't want to do that because you're a lovely person. So that's a little bit of reverse engineering for you, a bit of a reframe. But the other thing is say thank you. Just the first thing you say is thank you. Not all 'I don't really think', 'oh, it's a bit of a fluke', or 'Well, I got it from a charity shop'. Just say thank you, own it, and then potentially give a compliment back, but only if it feels natural. But like I say, you could have just opened up a whole other conversation. Go with the flow. And number three, just a way of, again, getting that exposure therapy, but in a safe, supportive space, have, let's call it a compliment orgy. Find a friend, maybe someone not immediately in your family or very close, maybe a connection on LinkedIn that you get on very well with, et cetera, and have a session where you just literally throw a compliment back and forth to each other. It sounds silly, but you're in a safe, supportive environment, you know nothing bad is going to happen, you can have some fun with it and it just gets you used to giving and receiving, giving and receiving and getting out of your head into the flow and enjoying the process there. Give it a go. I hope that's helped. If you like these kind of tips, go over to [trishalewis.com](http://trishalewis.com) where you'll find links to this podcast. It's available on most platforms. And you'll find links to my book, *The Mystery of the Squashed Self*, my TEDx Talk *Beware the self squashing prophecy*. And you can sign up for my Unsquasher Fortnightly email where you'll always get those little action steps to remain unsquashed. So thanks for listening, remain curious and unsquashed, and I'll see you at the next episode.