

Do You Shoot Down Compliments?

September 28, 2011 by Martha Newman, J.D., PCC, TopLawyerCoach, LLC

Some Reasons Why You Can't Accept Praise

Women lawyers listen up!

Are you quick to fend off flattery no matter who it comes from?

You may be what experts call a "compliment-carper;" you simply can not accept kind words.

There are number of reasons why. According to body image expert Leslie Goldman, MPH, many women are taught that they should be modest and humble. They are worried that accepting praised could make them appear arrogant. "So, **we downplay out strengths and accentuate our weaknesses,**" says Goldman.

Does this sound like something you do often?

You are definitely not alone. Many women simply believe kudos is undeserved.

But wait. Before you continue living this way, consider this.

Research shows that **being able to recognize your positive qualities and ACCEPT compliments can boost self-esteem.** That means you should simply say "thank you" the next time a colleague admires your work!

So, stop beating yourself up and shooting down compliments. Receiving and **ACCEPTING praise** will do you a world of good.



Top Lawyer Coach, LLC
601 Penn Street
Fort Worth, TX 76102

817/992-6711
newman@toplawyercoach.com

