

It will be helpful now for you to think a little more closely about how you handle compliments and positive strokes. Answer the following questions to gain more insight into your natural reactions:

How would you typically react to the following compliments?

1 Love your outfit!

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2 Great job delivering that presentation!

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3 You are so kind!

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4 What a great friend you are!

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What the Ten-Minute Programme does with this Domain is help change the self-belief instead. By acknowledging and noting the positive stroke, we are forced to confront the idea that maybe our self-belief was inaccurate.