

## COMPLIMENTS THAT DO NOT FOCUS ON APPEARANCE

When you comment on someone's appearance, you never know if you are complementing grief, an eating disorder or an illness. Practice focusing on the person and not their appearance.

From [www.theodysseyonline.com](http://www.theodysseyonline.com) here are numerous complements:

You never fail to make me smile  
I can tell that you genuinely care  
You always tell the best jokes  
You are strong  
You are intelligent  
You have great taste in \_\_\_\_\_  
Talking with you always brightens my day  
You are fun to hang out with  
You are talented  
You have an amazing voice  
You radiate kindness  
You are the best \_\_\_\_\_ I've ever seen  
You are such a hard worker  
You have a wonderful sense of creativity  
You really have an eye for \_\_\_\_\_  
You radiate confidence  
You mean a lot to me  
You are a fantastic listener  
I could not imagine life without you  
You are so understanding

You have a great sense of humor  
You make a difference  
You are a phenomenal leader  
You are selfless  
You make people feel good  
You are reliable  
Your ideas and beliefs matter  
People can always count on you  
I bet animals love you  
You made my day  
I am proud of all you have accomplished  
You have such a big heart  
You have a beautiful mind  
You are a positive influence  
You are a badass, like, honestly super cool  
I can be myself around you  
You are just doing a great job at life  
You are empowering  
You inspire me to be a better person  
I am glad you exist