

# Why Flattery Is Lame (The Truth)

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Flattering someone isn't the same as complimenting them but it's a mistake we've all made because we're just trying to be nice, right? Maybe not.

What's so wrong with flattery anyway?

It's because flattery is about you and your agenda for that person.

Flattery is lame because it's almost always manipulative.

Flattery is excessive and insincere praise given to further your own interests.

Flattery is about you and what **you're trying to get**.

A sincere compliment is about the other person and **what you're trying to give**. It's a genuine effort to affirm and build a person up.

Within the marriage context, spouses sometimes mistakenly believe they can forgo giving sincere compliments as long as they're being flattering.

Spouses use flattery in marriage as a way to either get on their spouse's good side or to get something; again, it's *manipulative*.

Granted, there are appropriate times for playful flattery in marriage but we're not talking about that here.

## THE ART OF GIVING GOOD COMPLIMENTS

1. **Be Sincere.** Most wives and husbands want simple, specific, honest compliments rather than vague, insincere flattery. If you don't mean it don't say it.
2. **Be Detailed.** Specific compliments are powerful because it shows you've put some thought into it. Giving a specific, detailed compliment makes it more special and memorable. For example, if you compliment a specific achievement your spouse earned, try to also compliment one or two qualities they possess that made it possible for them to earn the achievement. Or, when you compliment an outfit you think they look great in, instead of saying, "That's a nice dress" say, "That's a pretty dress - I really like how it brings out the blue in your eyes." The best compliments acknowledge the achievement as well as the person; they are specific and detailed.
3. **Be Timely.** If you wait too long to pay a compliment the person will feel you're doing it out of obligation and not because you want to. Try to compliment within a day or two.
4. **Be Admiring.** Some of the best compliments come from a deep sense of genuine admiration. People can tell if you truly admire them or if you're faking it. Never fake admiration.
5. **Be Selfless.** A compliment is a special gift that you give without expecting anything in return. Also, and this is very, very important: Never give a compliment and then ask for a favor. Only users, manipulators and takers give compliments & then ask for favors.
6. **Be Gracious.** Never make a comparison while giving a compliment. You shouldn't have to criticize one thing in order to bring out the value of another. For instance, if you compliment your wife on her dress, please don't say that it's much prettier than one of her other dresses! That's a backhanded compliment because it gives with one hand and takes away with the other.

Giving sincere compliments is a great way to boost your partner's confidence and make them feel appreciated. It's also a wonderful way to elevate their worth.

What's something about your partner you'd like to compliment them on this week?

*Until next time, this is Mike Tucker and I want YOU to be mad about marriage!*