Specific Compliments by Consent - Concept brief

Understand the idea behind specific compliments by consent and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Devin kept a boundary during a busy week but does not want to be called strong.

The idea

Acknowledgment is most useful when accurate and acceptable to the recipient.

An ordinary example

Devin kept a boundary during a busy week but does not want to be called strong.

What this can look like

Identify an observable effort and ask whether acknowledging it fits the person's experience.

Check the fit

What kind of acknowledgment feels respectful? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A preferred future can include advocacy, accommodations, and external change; optimism is not required.

Reflection

What kind of acknowledgment feels respectful?

Scope and adaptation

Acknowledge distress and structural barriers before asking about change. Do not use exceptions or compliments to dismiss harm. A personal scale is a conversational aid, not a validated outcome measure, risk screen, or reason to withhold assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: What is Solution-Focused Therapy?. Full source links and scope: library.morethantherapy.org/approaches/resources/SFB-A12-1