

# WHEN COMPLIMENTS DON'T FEEL TRUE

"WHY CAN'T I BELIEVE THE  
PEOPLE WHO LOVE ME?"

A GUIDEBOOK OF GENTLE  
REFLECTIONS



*Amarisse Within*



## *When Compliments Don't Feel True*

Many women quietly struggle with a gap between what others see and what they believe about themselves.

A partner may say, "You're beautiful."

A friend may say, "You're amazing."

Yet somehow those words don't seem to land.

They may be appreciated in the moment, but before long, doubt begins to creep back in. The compliment is questioned, dismissed, or quietly placed to one side while the familiar voice of self-criticism continues to speak.

This can be confusing, especially when the people offering reassurance genuinely care about us and see something positive that we struggle to see ourselves.

Over time, we can begin to wonder why their words don't feel true, why reassurance never seems to last, or why it is so difficult to believe the good things others say about us.

This guidebook is a gentle exploration of those questions. It is not about changing who you are or convincing yourself of anything. Instead, it offers an opportunity to reflect on the stories we carry, the beliefs we hold, and the possibility that there may be another way of seeing ourselves.



## *Why Reassurance Doesn't Always Stick*

Sometimes the people who love us most tell us things they can see clearly. They tell us we are beautiful, capable, worthy, and enough, yet their words can be difficult to accept. Not because they are untrue, but because we may have been listening to a different story about ourselves for a very long time.

When a belief has been carried for years, it can begin to feel familiar. Familiarity often feels convincing, even when the belief itself is painful. Over time, the mind can become so accustomed to seeing life through that lens that reassurance struggles to find a place to settle.

This isn't because there is something wrong with you. It isn't because you are refusing to listen. It may simply be that the story you have believed for so long feels more real than the words someone else is offering.

Perhaps the question is not whether other people believe in you, but whether you have become so used to a particular view of yourself that anything else feels unfamiliar.

*"You don't need more proof  
to be enough."*



## *The Story We Carry About Ourselves*

We often carry stories about ourselves for many years without even realising it. Over time, these stories can begin to feel like facts rather than opinions or memories. They quietly influence how we see ourselves and how we interpret the world around us.

Perhaps someone once told you that you weren't attractive enough, confident enough, or good enough. Maybe it wasn't even something that was said directly. Sometimes a look, an experience, or a difficult period in life can leave us drawing conclusions about who we are.

As those conclusions are revisited over time, they can become part of the story we carry. A story that whispers that we are somehow lacking, unworthy, or not enough.

When a compliment arrives, it can collide with that story.

The compliment isn't the problem.

The person offering it may genuinely see something beautiful, kind, or valuable in you. Yet the old story has been around for much longer, and familiar stories often sound more convincing than new ones.

This can make it difficult to accept what others see so clearly. Not because there is something wrong with you, but because the mind has become accustomed to looking through a particular lens.

Perhaps the question is not whether the compliment is true, but whether the story you have carried for so long is as true as it appears.

*"A thought repeated for years  
can feel like truth."*



## *Love Can Be Present Even When We Can't Feel It*

"The people who love us may genuinely care about us and see something beautiful in us.

Yet when insecurity is active, love can sometimes be difficult to receive.

Not because love is missing.

But because fear, doubt, or old beliefs can become louder for a time.

Sometimes our understanding of love is shaped by the experiences we have had throughout our lives. If affection, encouragement, or reassurance felt unfamiliar in the past, it can take time to recognise and trust them when they appear in the present.

Without realising it, we may become more familiar with self-doubt than self-kindness, or more comfortable expecting criticism than receiving appreciation.

When this happens, love can be present and genuine, yet difficult to fully feel.

This isn't because anything is wrong with you. It may simply be that your mind is trying to make sense of the present through what has felt familiar in the past.

Perhaps love has been closer than you realised, even during the moments when it felt furthest away.

*"Sometimes love is present even  
when it isn't being felt."*



*You Don't Need To Become  
Someone Else To Be Loved*

Many women quietly believe that something about them needs to change before they can fully accept the love offered by others.

"When I lose weight..."

"When I feel more confident..."

"When I look different..."

"Then I'll finally believe them."

Over time, it can begin to feel as though love and acceptance are waiting somewhere ahead of us, just beyond the next improvement, achievement, or change.

Yet those who care about us are often not waiting for us to become someone else. They are seeing something valuable in us right now, even when we find it difficult to see for ourselves.

Perhaps love is not something we need to earn. Perhaps it has been present all along.

*"You do not have to become  
someone else to be loved."*



## *A Gentle Closing Reflection*

"Perhaps the question isn't whether others see something beautiful in you.

Perhaps the question is whether you are willing to become curious about what they are seeing.

For so long, you may have been looking at yourself through the lens of old beliefs, difficult experiences, or familiar insecurities. When we become accustomed to seeing ourselves in a particular way, it can be easy to overlook other possibilities.

Yet the people who care about you may not be seeing the flaws you focus on. They may be seeing kindness, strength, warmth, resilience, humour, compassion, or qualities that have become so familiar to you that you no longer notice them.

This is not about forcing yourself to believe something positive. Nor is it about trying to become a different person.

It is simply an invitation to consider that there may be more to you than the story you have been carrying.

And perhaps, in moments of quiet reflection, you may begin to glimpse some of that for yourself.

*"You may be closer to believing it  
than you realise."*