

MINIMISING

When something genuinely good about you gets shrunk down to nothing.

IN PLAIN ENGLISH

A compliment arrives and you delete it in real time.

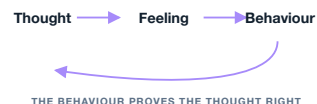
"It was nothing" — said about something.

You are allowed to let one good thing land.

THE CLINICAL NAME

Minimisation

The mirror image of magnification, applied to your own strengths. Often learned as modesty or as protection from disappointment. The cost is cumulative: evidence of competence never gets filed, so confidence has nothing to stand on and every new task starts from zero.



HOW IT RUNS *A colleague praises your report in a meeting*

THE VERDICT

THE NEXT STEP

THOUGHT	"Anyone could have done it. They are being polite."	"I worked hard on that. It is fair that it was noticed."
FEELING	Squirming. Eager to change the subject.	Briefly warm. A little exposed, and fine.
BEHAVIOUR	"Oh, it was nothing." Redirect to someone else's work.	"Thank you." Full stop. Nothing after it.

THREE TOOLS

- 1 Say thank you. Stop there.** No qualifier, no deflection, no returning the serve.
- 2 Keep the receipts.** A note on your phone of things that went well. Read it before reviews.
- 3 Separate humility from erasure.** Humility is accurate. Erasure is not.

A MUSLIM LENS

Deflecting every good word feels like modesty, but it can be a refusal to acknowledge a favour that was given to you.

Shukr is accuracy — Naming a blessing is gratitude to the One who gave it, not self-praise.

Al-hamdu lillāh, out loud — It lets the good land and still points it where it belongs.

Then use it — A gift acknowledged gets used. A gift denied stays buried.

Denying the ni'mah is not humility. Attributing it correctly is.

THIS WEEK Take one compliment with two words and nothing else. Notice the urge to add to it.

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