

Self-Compassion Worksheet

Grab a pen, find a quiet space and answer the questions below:

1. When a friend feels badly about him or herself, or is really struggling in some way, how do you respond? Write down what you typically do and say. What tone of voice you usually use when talking to your friends?
2. Now think about times when *you* feel badly about yourself or are struggling. How do you typically respond to yourself? Write down what you typically do and say, and note the tone you use when talking to yourself.
3. Did you notice a difference? Why do you think that is? What factors or fears come into play that lead you to treat yourself so differently?
4. How might things change if you responded to yourself in the same way you typically respond to a close friend?