

Self Compassion: Treat Yourself Like a Friend

This exercise will help you see the difference in how you treat yourself versus how you treat others.



This exercise is designed to help you reflect on the way you respond to yourself when you are struggling, and compare it to the way you respond to a close friend in a similar situation.

Self-compassion is an important aspect of self-care and overall well-being. It involves treating yourself with the same kindness, understanding, and care that you would show to a good friend.

This worksheet will guide you through a reflection process that can help you become more aware of the way you treat yourself and identify any patterns that may be holding you back from being more compassionate and understanding towards yourself.

By completing this worksheet, you will gain insight into your own self-compassion practices and learn how to treat yourself with the same care and support that you would give to a friend. It is a tool that can help you to become more self-aware and improve your overall well-being.

It is a short, easy and exercise that you can complete in just a few minutes. So grab a pen and let's get started!

Treat Yourself Like a Friend

Exercise Instructions

- 1** Take out a sheet of paper and a pen or pencil.
- 2** Describe your typical response to a close friend who is feeling down on themselves or struggling with something. Include actions, words, and tone used.
- 3** Describe your typical response to yourself when you are feeling down on yourself or struggling with something. Include actions, words, and tone used.
- 4** Reflect on any differences between the way you respond to a friend and the way you respond to yourself. Identify any patterns or reasons for these differences.
- 5** Imagine how things might be different if you showed yourself the same compassion and care that you would show a close friend. Describe how your thoughts, feelings, and actions might change.
- 6** Take your time to fill out the worksheet, don't rush. Reflect on your answers and be honest with yourself.
- 7** Review your answers, and think about how you can implement the changes that you've imagined in the previous step in your daily life.

Treat Yourself Like a Friend

This exercise will help you see the difference in how you treat yourself versus how you treat others.

1. Think about a time when a close friend was feeling down on themselves or struggling with something. How did you respond to them in that situation? What actions, words, and tone did you use?

2. Now think about a time when you were feeling down on yourself or struggling with something. How did you respond to yourself in that situation? What actions, words, and tone did you use?

3. Reflect on any differences you noticed between the way you responded to your friend and the way you responded to yourself. Are there any patterns or reasons for these differences?

4. Imagine if you showed yourself the same compassion and care that you would show a close friend when you're struggling. How do you think your thoughts, feelings, and actions might change?

EXAMPLE ANSWERS TO WORKSHEET

1. Describe your typical response to a close friend who is feeling down on themselves or struggling with something that you can relate to. Include actions, words, and tone used.

When a friend is feeling down about making a mistake, I listen and remind them of their strengths and how much they're valued. I offer to help and speak in a kind and supportive tone.

2. Describe your typical response to yourself when you are feeling down on yourself or struggling with the same. Include actions, words, and tone used.

When I'm feeling down, I push through it alone and speak to myself in a harsh and critical tone. I tell myself things like 'I should have known better' or 'I'm so incompetent' instead of giving myself a break and recognizing that mistakes happen and that it's okay.

3. Reflect on any differences between the way you respond to a friend and the way you respond to yourself. Identify any patterns or reasons for these differences.

I'm more compassionate with friends and more critical with myself. I think it's because I accept friends' vulnerability but dismiss my own as weakness.

4. Imagine how things might be different if you showed yourself the same compassion and care that you would show a close friend. Describe how your thoughts, feelings, and actions might change.

I'd be more understanding and patient with myself, remind myself of my strengths, and be more willing to reach out for help and treat myself kindly. This would lead to less negative self-talk and more self-compassion.

EXAMPLE ANSWERS TO WORKSHEET

1. Describe your typical response to a close friend who is feeling down on themselves or struggling with something that you can relate to. Include actions, words, and tone used.

When a friend is feeling anxious, I usually ask them if they want to go for a walk or do something calming together. I remind them that they are strong and can handle it. I speak in a calm and reassuring tone.

2. Describe your typical response to yourself when you are feeling down on yourself or struggling with the same. Include actions, words, and tone used.

When I'm feeling anxious, I usually try to push it aside and focus on work or other tasks. I speak to myself in a critical and dismissive tone, saying things like "stop being so anxious" or "you're overreacting".

3. Reflect on any differences between the way you respond to a friend and the way you respond to yourself. Identify any patterns or reasons for these differences.

I noticed that I'm more patient and understanding with friends when they're anxious but when it comes to myself I'm more dismissive and try to ignore my feelings. I think it's because I don't want to burden my friends with my problems but I don't give myself the same consideration.

4. Imagine how things might be different if you showed yourself the same compassion and care that you would show a close friend. Describe how your thoughts, feelings, and actions might change.

If I treated myself like I treat my friends, I would be more understanding and patient with myself when feeling anxious. I would remind myself that it's okay to feel anxious and that my feelings are valid. I would try to do something calming instead of pushing my feelings aside, and would speak to myself in a more positive and self-compassionate tone.