

# Self-Compassion Exercise

## Treat yourself like a friend.

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!

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?

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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?

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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?

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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?

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