



SELF-COMPASSION EXERCISE

DOWNLOADABLE RESOURCE

This is an exercise which would help us observe our own compassion towards others and towards ourselves. This exercise involves answering four questions:

Question 1:

If a friend who you care about deeply was to share with you a concern that they are dealing with, and they are currently feeling very bad about themselves, what would you tell that friend? This friend is in a situation where they are struggling; how would you respond to them?

Question 2:

Remember a time when you were struggling with a situation and feeling bad about yourself. How did you respond to yourself in that situation?

Question 3:

Did you notice any differences in the way you responded to your friend and the way you responded to yourself in similar situations? You could describe and elaborate on those differences.

Question 4:

What, according to you, would change in a scenario where you respond to yourself in the same way you responded to your friend?

