



Self-Compassion Exercise Worksheet

How you treat your close friend or relative

The first step involves imagining that it wasn't you, but rather, it was a close friend or family member who had failed to accomplish something important or had failed to live up to an ideal. How would you respond to your friend in this situation (especially when you're at your best)? What you would typically do and what you would say. As you write, make a note of the tone in which you typically talk to your close friends or relatives.

How you treat yourself

The second step involves thinking of how you generally treat yourself when you have failed. How you would typically respond to yourself in the same situation. Write down what you typically do, what you say, and note the tone in which you talk to yourself.

See the difference?

Did you notice a difference in how you treat yourself vs. others? If so, ask yourself why. What factors or fears come into play that led you to treat yourself and others so differently? Write it out below.



What will change?

The last step involves writing about how things might change if you treated yourself like you treat others.

Write down your answer to the following question: How might things change if, when you're suffering, you respond to yourself in the same way you typically respond to a close friend?
