

# SHOW *self-compassion*

It's important to treat yourself with the same care that you would treat a good friend. However, when facing a challenging situation, most of us are not very self-compassionate and speak to ourselves using critical language, such as "I'm so stupid". This exercise is designed to help you develop a more compassionate way of talking to yourself when the things get difficult.

Describe a time when a close friend faced a challenging situation.

What would you say to your friend?

What would you do for your friend?

Now describe a time when you faced a challenging situation.

What did you say to yourself?

What did you do?

Are there any differences in your responses?

What has this helped you to learn?