

COMPASSION TO OTHERS vs COMPASSION TO YOURSELF 7/17/20

1. First, think about times when a close friend feels badly about themselves or is struggling in some way. How do you respond to your friend in this situation (especially when you are at your best)? Please write down what you typically do, what you say, and note the tone in which you typically talk to your friends.

2. Now think about times when you feel bad about yourself or are struggling. How do you typically respond to yourself in these situations? Please write down what you typically do, what you say, and note the tone in which you talk to yourself.

3. Did you notice a difference? If so, ask yourself why. What factors or fears come into play that lead you to treat yourself differently from the way you treat others?

4. Please write down how you think things might change if you responded to yourself in the same way you typically respond to a close friend when you are suffering.

Consider treating yourself like a good friend when you next feel down or are struggling.