



How Would I Treat a Friend?

When bad things happen (e.g., setbacks, failures, losses) we often cope by beating ourselves up and sometimes mistakenly believe that we could have or should have done more to prevent it. This often leads to shame and prevents true change from occurring. Try this practice next time you find you are caught in self-criticism when something difficult has happened.

Situation:

What is your inner critic saying to you about this situation?

What would you say to a good friend who was experiencing the same thing?

Try saying some of those kind words to yourself. Notice which specific words (e.g., "You are still ok") and tone of voice connect for you. Write what you noticed here: