

# Self Compassion Exercise

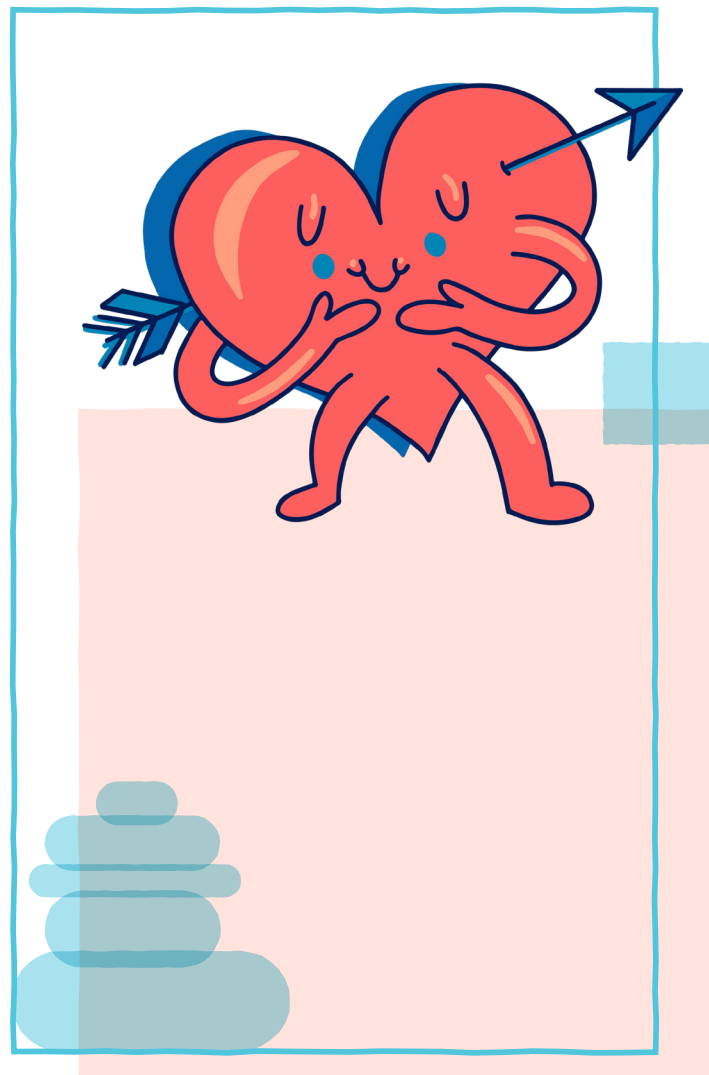
## 988 WELLNESS TIPS

We know Crisis Center personnel are particularly skilled when it comes to having compassion for others but having compassion and being kind to ourselves when we make a mistake or are having difficulties can be more challenging. Self-compassion is strongly associated with psychological wellbeing and takes practice.

Try this self-compassion exercise by Dr. Kristin Neff which focuses on how you would treat a friend. Please take out a sheet of paper and answer the following questions:

1. First, think about times when a close friend feels really bad about themselves or is really struggling in some way. How would you respond to your friend in this situation (especially when you're 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 and others so differently?

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're suffering.



For more self-compassion exercises, visit:  
<https://self-compassion.org/category/exercises/>