

# Week 5: Practicing Self-Compassion

## 1. How would you treat a friend?

This exercise can help us to remind ourselves and notice that sometimes our own inner self-critic (which often happens automatically) can lead us to be very negative and hard on ourselves, much more so than we would ever treat anyone else. You can keep a log of some examples below to help build your awareness of these times and practice saying the 'what you would say to a friend' to yourself instead.

What happened?	What did your inner self-critic say?	What would you say to a friend if the same thing happened?

## 2. Self-Compassion Break

This exercise helps you to come up with three statements which can prompt you to remember to be compassionate to yourself.

Try and come up with some phrases which remind you:	My phrases:
1) This is a difficult moment	1)
2) You are not alone, other people are struggling too.	2)
3) Be Kind to yourself	3)

*Now practice using the self-compassion break you have come up with!*