



EMMA GERASIMATOS

HOW WOULD YOU
TREAT A FRIEND?

Treating yourself the way you would a friend is what self compassion is all about. Follow these instructions from self compassion expert Dr. Kristin Neff to start showing yourself more compassion:



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1. First, think about times when a close friend feels really bad about him or herself or is really struggling in some way. How would you respond to your friend in this situation (especially when you're at your best, not when you are tired, annoyed and cant be bothered with them!)?

Please write down what you would do, what you say, how you would say it, what you would do?

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 normally do, what you say and the way that you say it.

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?

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're suffering.