



Zesa Wellness – Self-Compassion How Would You Treat a Friend?

Compassion comes from the Latin word “to bear with.” Compassion is the feelings that occur when you are concerned with another person’s suffering and you feel the desire to help. Compassion is both the feeling and the action. Self-compassion is intentionally holding our pain or suffering with kindness and comfort.

In this exercise, we are going to practice self-compassion

- 1) Think of a time a friend came to you with a problem or situation that they are struggling with in some way. Perhaps they have fell short of a goal or made a mistake or hurt someone and they are feeling really bad about him or herself. How would you typically respond to your friend. Write down what you typically do, say and note the tone in which you talk to your friend.

2. Now think about a situation that has made you feel bad about yourself or that you are struggling with. What is your typical response to yourself? Write down what you usually say to yourself, what you do, and the tone in which you talk to yourself.

3. Is there a difference in the way you treat your friend and yourself? If so, why? What reasons do you have for treating yourself differently?

4. Write down how things might change if you began to respond to yourself the same way you would a friend.

Try to treat yourself as you would a good friend and see what happens in your life!