

Self-Compassion: How You Treat a Friend

Directions for Facilitator: Ask students, how would you treat a friend? Please take out a sheet of paper and answer the following questions. After they have completed the assignment/activity, ask them to share with another student how it was to complete the activity. What came up for them? This can include in-person sharing or dividing students into breakout rooms in Zoom to discuss.

SCRIPT:

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 are 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.

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.

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 are suffering.

Why not try treating yourself like a good friend and see what happens?

Taken from Dr. Neff's Self-Compassion exercise: <https://self-compassion.org/exercise-1-treat-friend/>



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