

# Self-Compassion: How You Treat a Friend

## Directions for Facilitator:

Ask students: How would you treat a friend? Take out a sheet of paper or type on a laptop and answer the following questions. After they have completed the activity, ask them to share with another student what the experience was like and what came up for them.

## Script:

First, think about a time when a close friend felt really bad about themselves or was 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 a time when you felt bad about yourself or were struggling.

- How do you typically respond 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 they are suffering.

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

Adapted from [Dr. Kristin Neff's Self-Compassion Exercise](#)