Treat Yourself Like a Friend: Activity Worksheet

This activity is a helpful self-reflection exercise designed to encourage self-compassion and kindness during challenging moments. It guides you to think about how you usually respond when you're upset or overwhelmed, and then prompts you to imagine how you would support a close friend in the same situation. By translating those supportive words inward, you can foster a more caring and nurturing relationship with yourself. This practice can lead to increased emotional resilience, a more positive self-image, and a greater sense of inner peace.

Now, think of a time when you have felt upset, self-critical, or overwhelmed. Use this worksheet to practice kindness and support for yourself.

- **Describe the situation. (What happened? What are you struggling with?)**
- **What do you typically say or do when you experience this? (How do you usually respond to yourself in this situation?)**
- **Imagine a close friend is going through the same situation. What kind words or supportive messages would you tell them? (Write down what you would say to support your friend.)**
- **Now, turn those words inward. How would you speak to yourself in a kind, supportive way? (Repeat the supportive messages as if talking to yourself.)**
- **How do you feel after imagining speaking to yourself like this? (Notice any changes in your feelings or attitude.)**
- **Write a kind statement or affirmation you can say to yourself whenever you're struggling. (For example, "I am enough," "This will pass," "I deserve kindness.")**

Remember: Practicing treating yourself like a good friend can help you be kinder to yourself during tough times. Try repeating your statement or affirmation whenever needed.

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