

# Self Compassion Tool

Break the Vicious Cycle at the emotions level

**Step 1:** Think of a time when a friend felt really bad about his/herself or was struggling. How did you respond.

What did you do for your friend? What did you say? What tone did you use?

**Step 2:** Think of a time you felt really bad or were struggling.

What did you do for yourself? What did you say? What tone did you use?

**Step 3:** Is there a difference?

What dis the difference?

**Step 4:** If so, why are you treating yourself differently?

List the reasons you treat yourself differently

**Step 5:** How might things change if you respond to yourself as you do to a friend

What might be different for you?