

Appendix 5. Self-compassion ([Module 4](#))

Instructions

Imagine the following situation: A close friend of yours is feeling really bad about themselves or is struggling in some way.

How would you respond to your friend in this situation? Would you offer a supportive touch — a pat on the shoulder, a fist bump, or a hug?



Discuss

1. What would you do and say to comfort your friend who is struggling?
2. Now, think about times when you felt bad about yourself or were struggling. How do you typically speak to yourself in these situations?
3. Did you notice a difference between how you talk to your friend and how you talk to yourself? Could you respond to yourself in the same way you typically respond to a close friend when they are struggling?

