

Self Compassion

Q1.

When has a friend shown you compassion during a difficult time?

Q2.

How did their kindness and understanding help you?

Q3.

What recent event have you struggled with?

Q4.

Have you ever tuned into your inner-critic? If so, how did you find you were talking to yourself?

Q5.

How do you think self-compassion can be helpful for you today and during future difficult life events?

Q 6.

How can you encourage your loved ones to practice self-compassion?

Be That