

If It Were Your Friend

Turns a hard thought about yourself into the words you would give someone you care about.

WHEN TO USE THIS

Use this when you are being harder on yourself than you would be on anyone else.

What are you giving yourself a hard time about right now?

Now picture a friend telling you the same thing about themselves. What would you say?

Say it out loud first if that helps.

What changes between the two?

TO YOURSELF

TO A FRIEND

You already know how to be kind. It is aimed outward. This is about turning some of it around.

You would never talk to them the way you talk to you. That gap is worth noticing.