

# The Friend Test

Hear how your own words would sound if you said them to someone you love.

## WHEN TO USE THIS

Use this when you are being hard on yourself about something you did.

What are you saying to yourself right now? Word for word.

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If a friend said that about themselves, what would you say back?

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What stops you from saying that to yourself?

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How much easier is it to be kind to them than to you?

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|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

The same

Far easier

*You already know the kinder words. You use them on everyone else.*