MINDFUL SELF COMPASSION
This 5 minute exercise can quiet the critical voice in your mind and offer you self-support in times of stress.

RESPONSE TO LOVED ONE
Remember a time when a loved one was suffering or struggling. What did you say to that person? What tone of voice did you use?

RESPONSE TO SELF
Think about a time when you were suffering or struggling. What did you say to yourself? What tone of voice did you use?

GRATITUDE PRACTICE
Your critical voice is the negative narrative that likely was apparent in the last step. Take a moment to thank your critical voice. Your gratitude doesn't suggest the voice is right or acceptable - it just acknowledges that it exists.

FLIP THE SCRIPT
Take a moment to offer yourself the same kindness and compassion that you offered your loved one in the first step.

Content inspired by self-compassion.org