

# Practicing Self-Compassion

Below is a list of critical thoughts. Any one of these thoughts can create suffering. If a good friend or someone you respected was saying these thoughts out loud, how would you respond?

Critical thought	Compassionate Response
<ul style="list-style-type: none"> <li>I'm a failure</li> </ul>	<ul style="list-style-type: none"> <li>Everyone messes up sometime! Making mistakes is a part of being human.</li> </ul>
<ul style="list-style-type: none"> <li>I'm ugly (getting down on the self with making comparisons)</li> </ul>	<ul style="list-style-type: none"> <li>Many people have that thought. And it's no wonder with "health &amp; beauty" being a billion-dollar industry that values looking a certain way! Many advertisements are designed to make us feel inadequate and ugly. You are not ugly, commercialism is.</li> </ul>
<ul style="list-style-type: none"> <li>It's so hopeless</li> </ul>	<ul style="list-style-type: none"> <li>You are not alone with that feeling. It's okay to not be okay but that doesn't mean there isn't hope.</li> </ul>

Your Turn:

Critical thought	Compassionate Response

If you get stuck, remember: **you are not alone!** We all experience suffering; it's only human to feel pain.