

Self Compassion Questions

How Do You React to Yourself and Your Life?

HOW DO YOU TYPICALLY REACT TO YOURSELF?

What types of things do you typically judge and criticize yourself for—appearance, career, relationships, parenting, and so on?

What type of language do you use with yourself when you notice some flaw or make a mistake—do you insult yourself, or do you take a more kind and understanding tone?

If you are highly self-critical, how does this make you feel inside?

What are the consequences of being so hard on yourself? Does it make you more motivated, or does it tend to make you discouraged and depressed?

How do you think you would feel if you could truly accept yourself exactly as you are?

Does this possibility scare you, give you hope, or both?