

# How Do I Treat a Friend?

- Close your eyes and reflect for a moment on the following question:
  - Think about various times when you've had a close friend who was struggling in some way – had a misfortune, failed, or felt inadequate—and you were feeling pretty good about yourself.
    - How do you typically respond to your friends in such situations?
    - What do you say?
    - What tone do you use?
    - How is your posture?
    - Nonverbal gestures?
  
- Write down what you discovered.
  
  
- Now close your eyes again and reflect on the next question:
  - Think about various times when you were struggling in some way—had a misfortune, failed, or felt inadequate.
  - How do you typically respond to yourself in these situations?
  - What do you say?
  - What tone do you use?
  - Your posture?
  - Nonverbal gestures?
  
- Write down what you discovered.
  
  
- Finally, consider the differences between how you treat your close friend when they are struggling and how you treat yourself. Do you notice any patterns?