

How Do I Treat a Friend?

- Close your eyes and reflect for a moment on the following question:
 - o 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.
 - o How do you typically respond to yourself in these situations?
 - O What do you say?
 - O What tone do you use?
 - o Your posture?
 - o 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?

Source: Logan, M. (2020). *Self-love workbook for women: Release self-doubt, build self-compassion, and embrace who you are.* Rockridge Press.