Reflecting on self-criticism
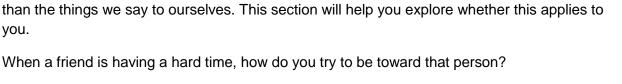
What do you see as your worst flaws or inadequacies?

How do you tend to be with yourself around those flaws and inadequacies? Are you kind and caring? Do you approach them with curiosity and openness? Do you attempt to hide these aspects of yourself from others? Do you feel alone in your struggles or do you feel that others also know what it's like to have these struggles?

When (in what situations) do you most get down on yourself or are most harsh with yourself?

When do you most feel defeated or like you are a failure?

In what situations are you most intolerant of your own struggles? For example, when do you tell yourself to "just get over it" in an uncaring manner or just "push ahead" regardless of how you feel?

What situations from your past do you feel the most shame around? This might be a one time event or it might be a repeated series of events. People can often feel shame around being humiliated or abused by others. Another situation where people often experience shame is relating to situations of repeated failure, where you put forward effort only to continually experience yourself as falling short. If you do not feel comfortable writing these below, please discuss them with your therapist.

How you treat your friends vs how you treat yourself

Many of us treat our friends better than we treat ourselves. We are often more understanding of their flaws and inadequacies than we are of our own. Our words toward them are often kinder than the things we say to ourselves. This section will help you explore whether this applies to you.

When a friend is having a hard time, how do you try to be toward that person?

If you have having a hard time, how do you tend to be toward yourself?

Do you tend to treat yourself the same way you treat your friends in these situations? If not, why not? What thoughts come up around this?

What stands between you and being a friend to yourself? What do you fear might happen if you were to be kinder and more compassionate with yourself?