

TECHBBQ x today



# **PRACTICING SELF-COMPASSION**

# Practicing Self Compassion

- It is often said that we are our own worst critics. In fact, studies have shown that people are significantly kinder to those around them than to themselves.
- People who practice self-compassion are shown to be more resilient, overcome mistakes more easily, and are more likely to maintain a growth mindset.
- We hope these tools and suggestions will help you be kinder to and take better care of yourself.

# Positive diary

- The positive diary is a research based tool consisting of a daily exercise where you write three good experiences from the day down every night before going to bed.
- Nothing is too big or small to be included. It could be a smile from a stranger on the bus, a good chat, a good laugh, or some nice food.
- For the diary to be effective, it is important to focus the writing on good “experience”, instead of achievements or accomplishments.

# How would you treat a friend?

- Bearing in mind that you are likely more compassionate towards your friends than yourself, reflecting on how you would treat a friend in your position is a great start for practising self-compassion.
- For this exercise, take out a sheet of paper and answer the following questions.

## How would you treat a friend? Part 2

- First, think about a time when a close friend felt bad about him- or herself, or was really struggling in some way. How would you treat your friend in this situation (especially when you're at your best)? Please write down what you typically do, what you say, and note the tone with which you typically talk to your friends.
- Now think about a time when you felt bad about yourself or were struggling. How did you talk to yourself in this situation? Please write down what you typically do, what you say, and note the tone with which you talk to yourself.

# How would you treat a friend? Part 3

- Reflect on your answers to the last two questions: did you notice a difference between your responses? If so, ask yourself why. What factors or fears come into play that lead you to treat yourself and others differently?
- Please write down how you think things might change if you treated yourself in the same way you would a close friend when you are suffering.

Now that you know these answers, the next time you are in a hard spot, try treating yourself like you would a good friend and see what happens.

# Remember to take it slow!

- Don't change everything all at once— it's just not sustainable.
- Make making small changes gradually, **just like you would make minimal viable changes to your product.**
- Pick one area at a time and focus on it for 30 days. Then, you can evaluate and reflect on whether that practice has resulted in any noticeable changes.

# Sources Cited

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