



Self-Compassion Potential Discussion Questions

1. Is it easier to be nice to others than to be nice to ourselves? If yes, why do you think that's the case?
2. What are the benefits of practicing self-compassion?
3. Are you able to challenge negative thoughts? If yes, how do you approach this? (ex. Examining assumptions or considering what you would say to a friend)
4. Is it difficult to stand up to your inner critic? If yes, then why is it challenging? Also, do you have a good way to address your inner critic? (Articles [8](#) and [9](#) cover this)
5. One component of self-compassion is mindfulness. Being mindful reduces ruminating on negative thoughts. Do you have a mindfulness practice? (Ex. Meditation, body scans or [5 senses exercise](#))
6. What is one thing I can do to support myself when I feel stressed or down?
7. What is something kind I can say to myself when I need support?