



## Guilt and Self-Compassion Discussion Questions

June 2022

1. Do you feel validated by others, such as family members, providers, or friends? If no, what are ways you could ask for more emotional support?
2. Is it easy for you to become self-critical when you're having a bad pain day? If yes, how would it feel for you to treat yourself as you would treat a good friend?  
- If you aren't self-critical, how do you treat yourself instead?
3. When you can't do things like chores or social activities because of pain, how do you handle it? Do you dwell on what you are unable to do? Or do you feel frustrated, let it pass, and then focus on something else?
4. What are the benefits of practicing self-compassion? Are you able to be self-compassionate with yourself? Explain.
5. 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)
6. Guilt may result from feelings of letting others down or relying too heavily on others. Still others may feel guilty because of vague medical diagnosis or because they feel they should do more to manage their pain and activities. Have you ever felt guilt related to these or other reasons? Please share.
7. 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?
8. 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](#))