



Self-Compassion Discussion Questions

February 2023

- *Self-compassion is being understanding and kind to yourself.*

1. Is it difficult for you to be self-compassionate? Why or why not?
2. How would it feel for you to treat yourself like you would treat a good friend?
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 are you able to let it pass, and then focus on something else?
4. What are the benefits of practicing self-compassion?
5. Do you feel validated by others, such as family members or friends?
If no, what are ways you could ask for more emotional support?
6. Is it difficult to stand up to your inner critic?
If yes, then why is it challenging? If no, what helps you stand up to it?
7. One component of self-compassion is mindfulness. Being mindful reduces dwelling on negative thoughts. Do you have a mindfulness practice? (Ex. Meditation, body scans or [5 senses exercise](#))
8. 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)