





How To Be Self-Compassionate

	Without Self-Compassion	With Self-Compassion
	<p>"I'm a loser. No one wants to be my friend. Why does this only happen to me?"</p>	<p><i>"I feel sad that they don't want to be friends. Darn. It'll be ok. I'll find some different kids to hang out with. I've seen this happen to other kids too."</i></p>
	<p>"I'm so stupid! I'm never going to do well in school. Why does everyone do better than me?"</p>	<p><i>"I'm so disappointed that I didn't get a good grade. I'm going to get some help so I can do better. We all get a bad grade once in a while!"</i></p>
	<p>"We always lose our soccer games. I'm the worst player on the team. I wish that I was as good as everybody else."</p>	<p><i>"I'm really bummed that we lost our game again. It's so upsetting to keep losing, but that's the way it goes when you play sports. Everybody loses some time. I tried my best."</i></p>
	<p>"I'm always screwing up. My mom gets mad at me all the time. I bet other kids don't get in trouble as much as I do!"</p>	<p><i>"I feel so upset when I disappoint my mom. It's hard for me when mom gets mad. But all kids get into trouble with their parents some time. Things will get better."</i></p>
<p>Make your own example!</p>		