

## Treat Yourself Like Your Best Friend

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Imagine your best friend comes to you struggling with a big issue or stressor. Write down how you would comfort your friend. What do you say to them? What is your tone?

Now imagine a time when you were struggling with a situation or difficult emotions. Reflect and write down how you comfort yourself. What do you do? How do you take of yourself?

Was there a difference between how you treat others and how you treat yourself? What are those differences? Why are they different or similar?

What would happen if you started treating yourself like your best friend? What would change? What can you change today?

