

Double Standards

Would you say this to a friend?

*Why don't we take
our own advice?*



A common phrase is that we are our worst critic. We often are the harshest critic towards ourselves. We can be relentless and rip ourselves apart; and yet, if we were talking to a dear friend about the same problem, we would be kinder, compassionate, and objective. Why don't we take our own advice?

Try This Technique

1. Ask yourself, "How would I talk to a dear friend who had a similar problem? Would I say such harsh things to him or her? If not, why not?"
2. If you decide that you would not talk to a friend like this, then ask yourself "What would I tell my friend?"
3. Ask yourself - Would you be willing to talk to yourself in the same compassionate way?

Be kind and compassionate to yourself. Sometimes, we need to take our own advice.



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