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# Compassion for Self and Others



This exercise is extremely helpful if **your self-critic** is in overdrive.

1. Close your eyes and recall a time when you comforted a friend. How did you comfort this person and support them? Remember where you were, what you said, what you saw.
2. Think about something in your life that you feel bad about. Perhaps its guilt or regret or you feel you just weren’t good enough. Recall that helpful part of you that comforted your friend. Spend a few minutes allowing this part of you to advise and comfort you.

This exercise can really help your frustrations of dealing with a **difficult person**.

1. Close your eyes and picture a difficult person sitting in front of you. Notice as much about them as you can with all your senses.
2. Briefly consider how and why this person affects you. Then, focus away from you and into them - consider their life, their childhood, their difficulties, their limitations. You might feel resistant at first but that is okay, just spend a few minutes exploring their life and challenges.
3. Open your eyes and notice how you feel about this person now. This exercise helps create compassion which reduces our resentment toward the person.

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