

~~COMPARISON~~ → COMPASSION

If you notice yourself comparing what you can do, or how you look to other people, especially on social media, you can use the three steps of self compassion to take a moment to apply some self compassion, and hopefully help yourself to feel better.



1. What's going on, and how does it make you feel?

2. Do you think anyone else feels this way?

3. What kind things can you say to yourself? (If you are stuck, try thinking about what you would say to a friend who is feeling this way)
