

# BEING MY FRIEND

Use this regularly to practise being nicer to yourself.  
Be your friend not your critic.



*Remember, you are amazing and loveable exactly as you are.*

What do you criticise yourself for?

How long have you criticised yourself for this?

Would you criticise a friend for this and love them less?

What could you say to yourself instead that's more compassionate?

How can you remind yourself to be more compassionate to yourself?