Exercise B: What to do instead of blaming myself?

Why?

Dwelling on mistakes or other setbacks worsens how you feel and shapes your self-image. You can learn to treat yourself more kindly in situations where you feel inadequate.

How?

1. Become aware of and name your feelings
Pause and say to yourself, either silently or out loud, what you're experiencing. For example: "This is an unpleasant situation. I feel really bad right now."

Don't draw further conclusions from your feelings.

2. Allow your feelings to be there for a moment
Practice tolerating discomfort. Remind yourself that this is a feeling and that it's not dangerous. It's okay to feel this way.

3. Strengthen your sense of safety
An unpleasant situation may make you feel like you're in danger. This is an automatic reaction.
A sense of safety is important for treating yourself with kindness.

You can strengthen this sense of safety through bodily sensations. For example, focus on breathing calmly, gently touch your chest, or look into the distance.

4. Use compassionate words
For example: "I want to be kind to myself here and now."

If words don't come easily, think about what you would say to a loved one in the same situation. What would someone close to you say to you?

5. Take compassionate actions
Don't let negative feelings drive your actions. Take a moment to think about what you want to focus on next. What would you do now? What would you advise a loved one to do in the same situation?