

# **SELF-COMPASSION EXERCISE**

Adapted from Kristin Neff, Ph.D.

## **HOW WOULD YOU TREAT A FRIEND?**

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**Please answer the following questions:**

**1) First, imagine that a close friend/loved one is really struggling with OCD. How would you respond to your friend/loved one in this situation (especially when you are at your best)? What do you think you would do, what would you say, how would your tone sound? Would you think less of them in any way?**

**2) Now think about times when you feel bad about yourself or are struggling with OCD. How do you typically respond to yourself in these situations? What do you typically do, what do you typically say, and how is your tone?**

**3) Did you notice a difference? If so, ask yourself why.**

**4) Why not try treating yourself like a good friend and see what happens?**

## 50 Positive or Neutral Statements About Yourself

1. \_\_\_\_\_
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50. \_\_\_\_\_

**MY PLAN  
FOR  
STAYING TRUE TO ME INSTEAD OF OCD**

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**Review what you've learned about yourself: You're struggling with a problem (OCD) but the problem (OCD) isn't you, who ARE you? Why are some of your negative core beliefs inaccurate?**

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**I want to reduce my OBSESSIONS and/or COMPULSIONS because it will allow me to:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**How will you start treating yourself the way you would a good friend or family member the next time you feel bad?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**What steps are you going to take to live the life you want despite OCD?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**What steps will you take to cultivate your personal strengths?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**How will you reward yourself when you accomplish any of these steps?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**How will you invest in, hold on to and remember who you REALLY are?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_