Challenging negative self-thoughts

Everyone can experience negative thoughts about themselves. Things like "I could have done this better", "I should be smarter than that", "I need to work out more and improve my body",

"I am a disaster"....

Can you think of the most critical comment you have ever gave yourself?

Can you imagine you saying the same thing to the younger version of yourself / a younger family member? How does that make you feel?

Can you imagine saying the same thing to your best friend? How does that make you feel?

Can you imagine your best friend saying the same thing to you? How does that make you feel?

Do you think saying that to a younger person, your best friend or being told that by your best friend is acceptable?

How do you feel about saying that to yourself after this reflection?