

Self-Esteem & Compassion

What am I saying to myself about a mistake that I would never say to someone I care about?

What achievement, effort, or quality am I dismissing because it doesn't feel impressive enough?

Whose standards am I using to decide whether I am doing "well enough"?

What would change if my worth did not depend on being productive, useful, attractive, or easy to be around?

What part of myself am I trying hardest to hide from other people, and what am I afraid would happen if they saw it?

