

Double Standard Challenge

We're often much harsher on ourselves than we are on other people. This worksheet helps you notice those double standards so you can start shifting toward treating yourself with the same kindness you'd offer a friend.

Step 1: Write down the critical thought you've had about yourself.

Example: "I'm so stupid for forgetting that appointment."

Step 2: Imagine a close friend had the same struggle. What would you say to them in that situation?

Example: "You've been really stressed. One mistake doesn't erase what you do right."

Step 3: Compare the two. What would you say to yourself verses what you would say to your friend?

Step 4: Reframe your thought. How can you bring the friend version of compassion to yourself?

Example: "I made a mistake because I'm human. I'll reschedule & it doesn't mean I'm stupid."

Notes:

- You don't need to "force" positivity. Just aim for fairness.
- Keep a few reframes and read them when self-blame creeps in.