



to like yourself  
(self compassion)



to like yourself

## 4 steps to learning to like yourself

1

**Think about your friends or people closest to you who you trust.  
Create a list of what you like about them.**

2

**Imagine a friendly setting where the people you are closest to, or the people you like and trust and respect, are being asked:**

what they have in common with you  
what they like about you  
what they value about you  
what it is that makes you friends  
what they appreciate about you

**Note down what you believe they would say in response to all those points. Be as specific as you can.**

Look at both lists.

2

whenthe tension goes.com



to like yourself

3

**Create a new list where each point starts with "I am ...." or "I have..."  
Add the points that mean the most to you from Step 2 to each sentence.**

I am loyal. I have a good sense of humour. I am a good runner. I am great at computer games. I have nice eyes.

**Keep going with this. Keep adding to it.**

You probably find it easier to list all the characteristics you don't like about yourself, your faults, the things you lack. This is normal!

It's not arrogant or vain to know your qualities, strengths and talents.  
These are the very points that can give you confidence and keep you going.  
They strengthen your self belief and move you towards liking yourself.

4

**Imagine you are in the presence of love - a loving intelligence.**

**What would love would say about you?**

**What have you learned to like about yourself from this -  
just a little bit more?**



to like yourself

## Remember what really matters

What qualities do you admire or respect in people?



Note down everyday situations when you have demonstrated any of these qualities over the last few weeks.

How could you show these qualities more often in everyday situations, with people you know and don't know?



to like yourself

**Create a mini plan for demonstrating daily the qualities that come easily to you.**

For example, Being optimistic – talking about what's gone well more than all the negatives.

MON

TUE

WED

THU

FRI

SAT

SUN



to like yourself

Aim to do a kind act every day

**List kind acts that you could easily do for people around you.**

For example. Make a cuppa for someone when they get back after a long day.

If it's easier to think of times when you are unkind, think about what unkind acts you will stop. This is a big step towards being kind.

**Look for some way to be kind to someone else each day.**



When you're kind to someone,  
you make a difference in their life  
and in your own life too.