

A Fairer View of Myself

15-20 minutes. Begin with a manageable recent moment. You do not have to replace a painful thought with a positive slogan.

1 / The moment

What happened just before I judged myself?

2 / The self-judgment

What did I tell myself? How did that affect what I felt or did?

3 / A fuller picture

What facts support a concern about my behavior? What facts do not fit a global judgment about my worth?

4 / A fairer statement

Name a specific difficulty and leave room for learning. Example: "I missed one task; I can plan a reminder."

Give My Values a Turn

A fair view can include accountability and kindness. Choose an action because it matters to you, not to prove that you deserve respect.

5 / A quality I have shown

Name a quality and one concrete example, even a small one. You may use something a trusted person has noticed.

6 / A value I want to practice

What matters to me? What is a small action that expresses that value?

7 / My practice plan

I will _____ by _____. A likely obstacle is _____. My smaller backup step is _____.

8 / What I learned

After trying it: what happened? What does this show about my effort or choices? What would I tell a friend?

Personal reflection, not a diagnostic or treatment assessment. You may pause and seek support if the exercise becomes overwhelming.