

Being kind to yourself

Instructions: One of the issues with perfectionism is that you become your own worst critic. However, people can learn to be kinder to themselves. Think about a negative event in sport or school that occurred over the last week that you found difficult to handle and complete the boxes below. Maybe you will get a new perspective on things.



Describe the event (what happened, when did it happen, who was there, any thoughts or behaviours that happened during the event).

What was difficult about the event and why it was difficult for you?

List some reasons why it is okay that the situation was difficult and why you should cut yourself some slack.