

Self Esteem vs Self Compassion

Use the follow meters to measure your self-esteem and your self-compassion during this exercise:

Self-Esteem Meter



Self-Compassion Meter



- Gently and slowly focus on breathing out, take a pause, and then allow your next breath in to fill and expand your chest and tummy. Do this one more time, and then allow your breathing return to normal.
- Remember the situation in as much detail as possible, making the memory as vivid as possible. Take a few breaths where you really feel as though you are breathing in the feelings that this situation brings up. Make the feelings as vivid as possible.
- How high is your self-esteem right now? Mark it on the self-esteem meter.
- Repeat the phrase “When I imagine this situation I love and accept myself”. Mark how easy it is to say that you love and accept yourself on the self-compassion meter.
- **Questions to ask yourself when you are finished:**
 1. Are your self-esteem scores the same for both situations?
 2. How easy do you find it to love and accept yourself when things are not going according to plan?