

# WORKSHEET 8.3: APPLYING THE SAME VALUES TO YOURSELF THAT YOU APPLY TO FRIENDS

<p><b>Acceptance</b></p> <p><i>To accept myself as being intrinsically worthwhile no matter what I achieve</i></p>	<p><b>Caring</b></p> <p><i>To be caring towards myself</i></p>	<p><b>Compassion</b></p> <p><i>To feel concern for myself when I am feeling bad and not beat myself up</i></p>
<p><b>Courtesy</b></p> <p><i>To be considerate of myself</i></p>	<p><b>Forgiveness</b></p> <p><i>To be forgiving of myself</i></p>	<p><b>Generosity</b></p> <p><i>To give myself the benefit of the doubt</i></p>
<p><b>Helpfulness</b></p> <p><i>To be helpful to myself, acknowledging that criticising myself doesn't get the best out of me</i></p>	<p><b>Hope</b></p> <p><i>To keep believing in myself even when I don't perform as well as I would like</i></p>	<p><b>Fun</b></p> <p><i>Not to take myself too seriously but be able to laugh at myself</i></p>
<p><b>Justice</b></p> <p><i>To treat myself fairly and focus not just on what I do that is wrong or not good enough but on what I like about myself</i></p>	<p><b>Service</b></p> <p><i>To be of service to myself by offering support rather than criticism</i></p>	<p><b>Respect</b></p> <p><i>To treat myself with respect and not run myself down</i></p>