

Responding to Self Criticism Fairly

Mood and motivation | Adults | 10 to 15 minutes

Replace a global self attack with a specific and compassionate response.

Low mood and harsh self talk can reinforce each other. Choose one critical statement that appeared recently. This page helps you describe the situation accurately and respond in language that allows responsibility without attacking your whole identity.

Separate the event from the label

Notice the difference between "I did not return the call" and "I am a terrible friend." The first names a behavior you can address. The second turns one event into a verdict about you. Context can explain difficulty without erasing its impact.

Pair fairness with action

Ask what you would say to someone you care about in the same circumstances. Keep the response believable. For example, "I have been overwhelmed, and that call mattered. I can send a brief apology and suggest another time." Choose repair or support where it fits.

What happened and the critical statement that followed

Relevant context and any responsibility I want to acknowledge

A fairer response I can believe

One repair, care, or support action I can take