

A Kinder and More Accurate Account

Identity values and self compassion | Adults | 10 to 15 minutes

Respond to self criticism with context, accountability, and a useful next action.

Choose a manageable mistake or difficult moment. The aim is to describe what happened accurately and respond in a way that helps. You can take responsibility for your actions without treating one event as a complete verdict on your worth.

Separate the event from the verdict

Write the observable facts before the harsh label. Compare I missed the appointment with I ruin everything. Add relevant context, such as confusion, pain, fear, or competing demands, without using context to deny impact. Notice what was and was not within your control.

Offer care with responsibility

Imagine a fair, informed person describing the situation. What would they acknowledge about your effort or difficulty? What repair or different choice would they encourage? Try a statement you can believe rather than an exaggerated affirmation. For example: I missed something important; I can apologize and change my reminder plan.

The facts of the situation and my harsh interpretation are

Relevant context and the part I can take responsibility for are

A fairer statement I can believe is

One repair, support request, or next action is