THREE QUESTIONS

When feeling irritated

First, do self-compassion break (see handout)

1. Does this person remind me of someone who hurt me in the past?

2. Looking honestly, is does the irritating quality of the other person mirror a similar quality in myself?

3. Taking stock, is there part of me that wishes I could be more like the person who is irritating me?

HOW CAN I GROW FROM THIS EXPERIENCE?

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