

## Loving Others, Better

Building and maintaining positive relationships with others are important parts of practicing self-compassion.

Positive, healthy relationships provide us with emotional support, a sense of connectedness, and companionship - all of which make it easier for us to cultivate a healthier self-relationship.

Most of us find it much easier to show kindness, forgiveness, and love to others than we do to ourselves.

*Loving Others, Better* introduces four ways you can show more care and appreciation to the important people in your life:

- **Appreciating Others**
- **Interacting with Others**
- **Showing Integrity, and**
- **Forgiving Others**

Use this worksheet as a resource if you are looking for practical ways to develop more social capital while cherishing and loving those who matter to you.

### Appreciating Others

Showing your appreciation to others can involve prioritizing quality bonding time with them, while making an effort to accept and embrace others for who they are.

Developing your ability to show empathy and kindness with others can also make it easier for you to adopt a similar approach with yourself. It can help you be less self-critical when you find you are judging yourself too harshly in your own life.

#### Appreciating Others Involves:

- *Setting time aside to bond with people who matter to you, particularly doing mutually enjoyable things.*
- *Valuing people for their actions, and showing your gratitude with words or actions - or both!*
- *Accepting others as they are, without judging or criticizing them.*
- *Ignoring others' small mistakes. Letting things go more, or approaching them sensitively if they truly annoy you.*

## Interacting with Others

Spending time in the company of other people allows us to foster our social supports while encouraging good feelings and positive affect.

Being with others can also expose us to new or more realistic perspectives when we are being particularly self-critical.

### Interacting with Others Involves:

- *Opening yourself up to more kindness and affection, for example kissing, hugging, receiving compliments, or expressing gratitude.*
- *Use words, and not just actions, to demonstrate your love. Help other people feel comfortable about demonstrating their feelings to you, in turn.*
- *Set time aside for your loved ones, whether it's emotional or practical support that they require.*
- *Help others out – volunteer, be there to listen, or simply help with small tasks.*
- *Relax and spice things up! Add an element of fun and surprise to your relationships with others, particularly intimate relationships.*
- *Comfort and be available to one another, during hard times as well as the good.*

## Showing Integrity

Being honest involves saying and doing the right thing, and is a keystone of trust in positive relationships.

### Showing Integrity Includes:

- *Telling the truth with friends, family, and romantic partners.*
- *Keeping your word, upholding your promises, and respecting commitments that you make.*
- *Being honest with yourself, being who you are, and living in line with your values.*

## Forgiving People For Past Hurt

Forgiving and seeking forgiveness are both important factors that help us maintain quality relationships for the long term.

Self-forgiveness, in turn, is an integral component of practicing self-kindness and self-compassion.

### Forgiving People For Past Hurt Involves:

- *Practicing self-forgiveness before all. Self-forgiveness is essential before we can forgive other people and recover from pain.*
- *Showing your feelings – if you are feeling hurt, find a sensitive way to express your pain at being hurt by someone who matters in your life.*
- *Releasing your past hurt, regardless of whether or not you receive an apology from others. Forgiving is about the forgiver and helps you let go of unnecessary suffering.*
- *Don't keep score - let small mistakes and grudges go.*