Why Am I So Hard on Myself?

Six Questions Worth Asking Yourself

When nothing you do ever seems quite enough.

Perhaps you're someone who encourages others, notices their strengths and understands when things don't go quite as planned. Yet when it comes to yourself, the rules seem different.

You remember your mistakes more readily than your successes. Before asking yourself to change, perhaps it's worth understanding why you expect so much of yourself.

There are no right or wrong answers. You may want to write your answers down, or simply sit with them. There's no timeline. Take your time with each question.

1. What have I accomplished?

Do I feel disappointed in myself when I haven't accomplished enough?

Perhaps you measure your day by what you've achieved, and even a full day can feel unfinished.

Something to notice: What did you do today that deserves to be acknowledged, even if your list isn't complete?

Your thoughts:

2. What do others need?

Do I expect myself to be there for everyone, even when I'm tired?

You may be quick to notice what other people need and slow to recognise your own limits.

Something to notice: Would you expect someone you love to give as much as you're asking of yourself?

Your thoughts:

3. Am I living my values?

Am I hardest on myself when I haven't lived up to my own values?

Perhaps keeping your word, doing what is right or being someone others can rely on matters deeply to you.

Something to notice: Can you honour your values while allowing yourself to be human?

Your thoughts:

4. Should I have known better?

Do I feel I should have known better or done something perfectly?

You may notice every detail that could have been improved, even when the overall outcome was good.

Something to notice: What would change if you treated a mistake as something to learn from rather than proof you fell short?

Your thoughts:

5. Who could I become?

Do I keep comparing who I am today with who I could become?

Perhaps you can see possibilities for growth so clearly that the person you already are gets overlooked.

Something to notice: What is already growing in you that you haven't stopped to appreciate?

Your thoughts:

6. Am I far enough along?

Do I feel I should be wiser, calmer or further along in life by now?

You may be looking for meaning in your experiences and wondering whether you're living as you were meant to.

Something to notice: What if becoming yourself is something that unfolds, rather than a standard you must already have reached?

Your thoughts:

What do your answers tell you about you?

The very qualities that help you do good things can become a burden when you turn them against yourself.

There are reasons you respond the way you do. SolePath helps you understand them.

Your SolePath is a three-Path braid that helps you understand the patterns shaping your behaviour, choices, relationships and the way you live.

Know your SolePath. Then live it.

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