

Student Counselling Office (Zentrale Studienberatung)

A shift in perspective – Self-compassion instead of anger and criticism

One way of dealing with your anger is to transform it.

When anger leads to drama and we get more and more caught up in negative thoughts and feelings, it can be helpful to shift our perspective away from the object of our anger (other people, the circumstances, ourselves, etc.).

Ask yourself this question: What would a good friend say to me right now?

They would probably be understanding, acknowledging that things really aren't going well for you right now, praising how you're dealing with the situation, or just comforting you. So, be your own best friend right now.

We tend to blame ourselves for our misfortunes, instead of treating ourselves in the way we might treat a friend. This reinforces our feelings that we're not enough.

It's more helpful to make sure you feel good about yourself again – even, or especially, when something has 'gone wrong'.