

Exercise #1: My Imaginary Best Friend

Please read the following information only AFTER you have done the exercise.

The purpose of this exercise is to show you what you desire in a friendship so that you can use it as a guideline for what it is you must give to yourself. People often treat their friends with more respect and compassion than they do themselves. They often expect things from others they are not willing to give to themselves. Why is that? What would happen if you were to treat yourself as you described your imaginary best friend would? Begin enjoying your own company today. Use what you wrote in the exercise as a guideline. Give yourself the time, attention, and compassion that you would like to receive from a loving friend. Become your own best friend and you will be on the road toward living a life you love.

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