



## Rules of the road: Best Friend Role Play

### Directions:

1. I have been thinking about how hard you are on yourself and I don't think you would be this harsh with your best friend if the same thing happened to them.
2. Let's pretend that I am your best friend and the (name client's specific trauma) happened to me *instead of* you.
3. I am going to tell you the things I hear you say, and I want you to use all the knowledge you have about (name client's specific trauma) to respond to your best friend.