

Vraag	Antwoord	Scores
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Tekst 2 Be kind to yourself!

2 maximumscore 2

- 2-1 e (we may even take pride in being hard on ourselves)
 2-2 a (a wealth of research shows that self-criticism often backfires)
 2-3 f (we should practice self-compassion)
 2-4 b (it also helps us to learn from the mistakes)

indien vier goed	2
indien drie goed	1
indien twee of minder goed	0