



# Self-Compassion Exercise

A gentle practice for difficult moments

This exercise is designed to help you respond to yourself with kindness, understanding, and care—especially during moments of stress, self-doubt, or emotional overwhelm.

## Step 1: Notice What's Here

Take a moment to check in with yourself.

What am I feeling right now?

Where do I notice this in my body?

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## Step 2: Name the Experience (Without Judgment)

Finish the sentence below:

Right now, I'm having a hard time because...

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## Step 3: Remember You're Not Alone

Struggle is part of being human.

- Others experience this too.
- I'm not weak for feeling this way.
- It makes sense that I feel this, given what I've been through.



What comes up for you as you read these?

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## Step 4: Offer Yourself Kind Words

Imagine speaking to yourself the way you would speak to a close friend.

Write a few compassionate statements:

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## Step 5: Choose a Small Act of Care

One gentle thing I can do for myself right now is:

- ☐ Take a few slow breaths
- ☐ Stretch or step outside
- ☐ Drink water or eat something nourishing
- ☐ Rest or slow down
- ☐ Reach out to someone safe
- ☐ Other: \_\_\_\_\_

## Reflection (Optional)

After completing this exercise, what—if anything—feels slightly different?

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