



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?

Step 2: Name the Experience (Without Judgment)

Finish the sentence below:

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

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?

Step 4: Offer Yourself Kind Words

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

Write a few compassionate statements:

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?
