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# SELF-COMPASSION JOURNAL PROMPTS



1. Reflect on a recent situation where you felt disappointed in yourself. How can you offer yourself kindness and understanding in this moment?
2. Describe a time when you were kind and supportive to a friend or loved one who was struggling. How can you show the same level of compassion to yourself?
3. Think about a mistake you made recently. Instead of criticizing yourself, how can you practice self-forgiveness and understanding?
4. Write about a challenging emotion you're experiencing right now. How can you validate and accept this feeling with kindness?
5. Consider a personal flaw or imperfection you've been struggling to accept. How can you reframe this as a part of your unique humanity and show yourself compassion?
6. Reflect on a time when you felt overwhelmed with responsibilities. How can you prioritize self-care and set boundaries to prevent burnout?
7. Write about a fear or insecurity that's been holding you back. How can you practice self-compassion as you confront and overcome this challenge?
8. Describe a recent success or accomplishment, no matter how small. How can you celebrate your progress and acknowledge your efforts with kindness?
9. Imagine yourself as a younger version of yourself, perhaps a child or a teenager. What would you say to your younger self to offer comfort, reassurance, and love? How can you extend that same compassion to yourself now?
10. Reflect on a time when you faced adversity and showed resilience. How can you honor your strength and courage in navigating that challenge?























