

Self-Compassion Reflection

Common Humanity vs. Isolation

Sometimes, it feels like we're the only ones struggling. But suffering, imperfection, and growth are part of being human.

When you're feeling isolated:

1. Pause and Name the Struggle

"I'm feeling _____ right now."
(lonely, not good enough, like an outsider, like I'm behind)



2. Reality Check: You're Not Alone

"Would someone else in my shoes possibly feel this way too?"
Try imagining a friend, a favorite character, or even a stranger.



3. Remind Yourself:

- "Struggle is part of being human."
- "This pain connects me to others, not separates me."
- "I'm not broken—I'm growing."



4. Offer Compassion Instead of Criticism

Write a supportive note to yourself from the perspective of someone who believes in you.



Self-Compassion Journal Prompt:

"Even though I feel [_____], I am learning to offer myself kindness. I don't need to be perfect to be worthy of love and belonging."

