

Compassionate Self-Talk Worksheet

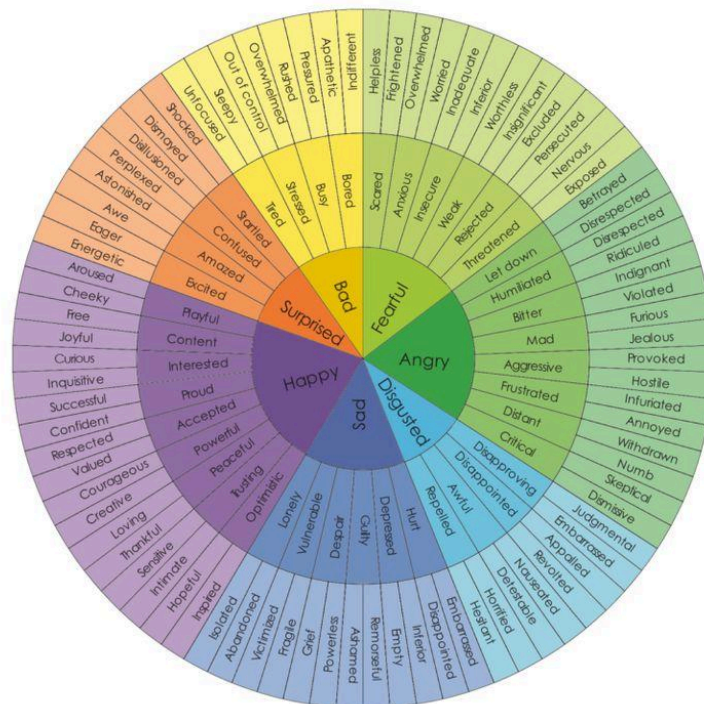
We all have moments where we're hard on ourselves—judging our reactions, feeling embarrassed about something we said, or wishing we had handled a situation differently. Practicing self-compassion helps us break the cycle of self-criticism and respond to ourselves with the same kindness we'd offer a friend.

This worksheet guides you through a structured reflection process using mindfulness, common humanity, and kindness, along with some thought-challenging techniques to help shift your perspective.

Step 1: Identify Your Emotions

Before diving into the reflection, take a moment to name what you're feeling. Use the **Feelings Wheel** below to help pinpoint your emotions with more accuracy.

The Feelings Wheel



Developed by Dr. Gloria Wilcox
RewardCharts4Kids.com

Write down the emotions that best describe how you felt during the difficult event:

- Primary Emotion(s): _____
- Secondary Emotion(s) (if applicable): _____
- Physical Sensations (if any): _____

Step 2: Describe the Situation

Think about a moment from today where you were hard on yourself or struggled with self-judgment. Briefly describe what happened.

(Example: I snapped at my friend because they were running late. Afterward, I felt guilty and ashamed.)

What happened?

What emotions did you feel at the time?

What emotions did you feel afterward?

Step 3: What Was Within Your Control vs. What Was Not?

Recognizing what we can and cannot control helps us release unnecessary self-blame and focus on what we can learn from the situation.

What was within your control?

(Examples: My tone of voice, choice of words, my actions.)

What was outside of your control?

(Examples: Other people's actions, the circumstances leading up to the event, my initial emotional reaction.)

Step 4: Practicing Self-Compassion

Now, use the following prompts to practice self-compassionate self-talk.

Mindfulness: Acknowledge Your Experience Without Judgment

Describe your emotions and thoughts with acceptance. No exaggeration, no downplaying—just the truth of how you felt.

(Example: I was frustrated because my friend was late. I felt dismissed and unimportant, and that made me react more sharply than I wanted to. Afterward, I felt guilty and a little ashamed.)

Common Humanity: You Are Not Alone

Reflect on how your experience is part of the shared human condition. Mistakes and tough moments happen to everyone.

(Example: Everyone has moments where they lose their patience. It doesn't make me a bad person—it makes me human. If I were in a better mood or less rushed, I might have reacted differently.)

Kindness: Speak to Yourself Like a Friend

Now, write yourself a kind and understanding message, the way you would comfort a friend in the same situation.

(Example: It's okay, you're not perfect, and you don't have to be. You had a tough moment, but that doesn't define you. Maybe next time, you'll catch yourself sooner and take a deep breath before responding. You are learning and growing, and that's what matters.)

Final Reflection: Moving Forward with Self-Compassion

What is one small, self-compassionate action you can take next time you're in a similar situation?

(Example: Take a deep breath before responding, remind myself that I don't have to react immediately, or simply say "I'm feeling frustrated" to acknowledge my emotions without judgment.)

Remember: **Self-compassion is a practice.** The goal isn't to get it perfect—it's to keep showing up for yourself with kindness, even when it feels difficult.

You've got this!