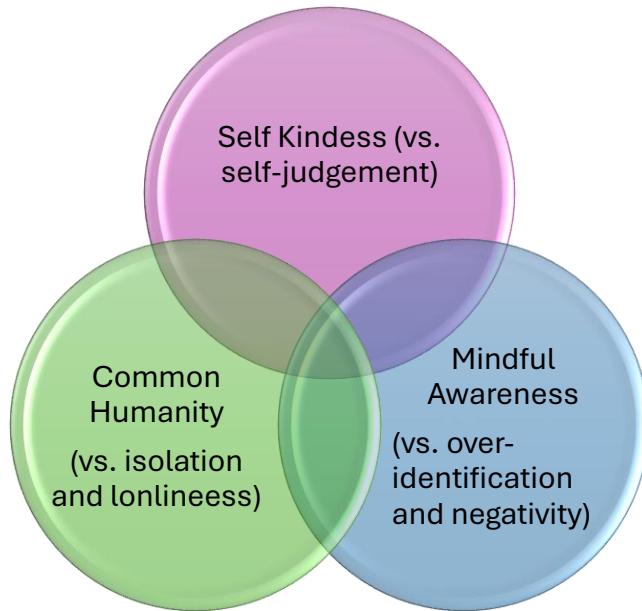


Family Self-Compassion Plan

Three Components of Self-Compassion



1. Be kind to yourself (Self-Kindness)

Treat yourself the way you would treat a good friend. When you mess up or have a hard day, use gentle words instead of being harsh or mean to yourself.

2. Remember you're not alone (Common Humanity)

Everyone struggles sometimes. You're not broken or weak for having a hard moment. It is part of being human and other people feel this way too.

3. Notice your feelings without getting stuck (Mindfulness)

Pay attention to how you're feeling without ignoring it or letting it take over. You can say, "This is hard right now," without judging yourself or making it bigger than it is.

Neff, Kristin, 2003

Family Intention

Why does our family want to practice self-compassion?

Self-Kindness: Being gentle and kind with ourselves, even during hard moments

Choose any or all of the options below to be part of your self-compassion plan.

All family members will demonstrate using kind words to themselves.

Examples

- I've got this.
- I can figure this out.
- I look good today.
- I am proud of myself.
- I am smart.
- I did awesome.

When someone is unkind to themselves, other family members will remind them about self-kindness by saying:

“ _____ ”

When someone in our family is struggling, we will try to:

Use kind, encouraging words.

- This is hard and I know you can do it.
- This too, shall pass.
- Keep moving forward.
- I know this is difficult.
- I believe in you.

Allow mistakes without shame:

- You really don't want to be in this situation.
- You felt like you had no choices.
- It seems like you wish you didn't {insert behavior}.
- You are in a tough spot here. What do you need to get unstuck?
- How can I help?

Offer comfort before correction:

- You seem really upset, what's up?
- Wow, you are experiencing big feelings about this. What happened? (accepting the other person's version as their truth)
- That wasn't the outcome you expected. How did you feel about that?
- You are in a tough spot. What can I do to help fix this?
- How disappointing for you. Where do you think it went wrong?

Common Humanity: Remembering that struggle is a normal part of being human.

In our family, common humanity means:

- Reminding each other we are not alone: "All families go through hard times."
- Normalizing stress, big feelings, and mistakes:
Sample statements
 - We can handle this together.
 - Emotions are a part of life. We can choose how we respond to them.
 - Learning from mistakes is how we grow.
- Avoiding blame, comparison, or isolation: Avoid "you always do this", "you ruin everything," "why can't you be like...," "you are the only person who causes problems in this family."

A helpful reminder statement for our family:

"

"

Mindfulness Noticing thoughts and feelings without judgement

- To help us notice our feelings, we will do a family feeling check-in.

_____ times per day. This will occur (during mealtimes, bedtime, group text): _____

When emotions run high, we will try to:

- Pause before reacting
- Name the feeling(s) (Use the *feelings wheel*)
- Take a few slow breaths
- Listen without interrupting or fixing.

Repair After Conflict

When someone is hurt or upset, our family agrees to:

- Pause and regulate
- Acknowledge feelings
- Take responsibility when needed
- Reconnect with care and reassurance.

What repair looks like in our family: _____

7. Individual Support Needs: *(Each family member may complete their own section)*

Name: _____

What helps me to be more self-compassionate is:

What doesn't help:

Name: _____

What helps me to be more self-compassionate is:

What doesn't help:

Name: _____

What helps me to be more self-compassionate is:

What doesn't help:

Name: _____

What helps me to be more self-compassionate is:

What doesn't help:
