



Self Compassion Worksheet

Self-compassion involves treating yourself with kindness and understanding during difficult times, just as you would a close friend. This worksheet will guide you through exercises to cultivate self-compassion and build a more supportive relationship with yourself.

Step 1: Acknowledge Your Feelings

1. What difficult emotions or thoughts are you experiencing right now? (e.g., sadness, self-doubt, frustration)

○ _____

2. Remind yourself that it's okay to feel this way. Write down a statement to validate your feelings (e.g., "It's natural to feel overwhelmed in this situation."):

○ _____

Step 2: Recognize Common Humanity

1. Reflect: Do you think other people have felt this way before? How does it feel to know you're not alone in your experience?

○ _____

○ _____

2. Write a reminder to yourself about the shared human experience of struggle (e.g., "Everyone faces challenges; I am not alone."):

○ _____

Step 3: Practice Kind Self-Talk

1. Write down a self-critical thought you've had recently:

○ _____



Self Compassion Worksheet

2. Imagine you're speaking to a friend who feels this way. What kind and supportive words would you say to them?

○ _____

3. Now, reframe your self-critical thought with those kind words:

○ _____

Step 4: Self-Compassionate Action

1. What is one small act of kindness you can do for yourself today? (e.g., take a break, write in a journal, go for a walk)

○ _____

2. When will you do this act of kindness?

○ _____

Step 5: Reflect on Your Strengths

1. List 3 things you like about yourself or are proud of:

○ 1: _____

○ 2: _____

○ 3: _____

2. How can these strengths help you navigate challenges with more self-compassion?

○ _____

Step 6: Gratitude for Yourself



Self Compassion Worksheet

1. Write down 3 things you're grateful for about yourself (e.g., your resilience, creativity, kindness):

- 1: _____
- 2: _____
- 3: _____

2. How does focusing on gratitude for yourself change the way you feel?

- _____

Step 7: Create a Self-Compassion Ritual

1. What is one ritual or practice you can incorporate into your daily life to show yourself compassion? (e.g., morning affirmations, mindful breathing, a nightly gratitude list)

- _____

2. How will you remind yourself to stay consistent with this practice?

- _____

Closing Reflection

1. After completing this worksheet, what is one insight you gained about self-compassion?

- _____

2. How do you plan to nurture self-compassion moving forward?

- _____

Remember: Self-compassion is a practice. Be patient with yourself, and celebrate the progress you make along the way.