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Training Self-Compassionate Thoughts and Behavior

Date: ____/____/____

Introduction

This week, we're learning more about self-critical thoughts, or harsh and unkind thinking. When you notice these thoughts, write them in the thought log at the end of the week. As we mentioned, you may misread the situation or make negative self judgements about events, whether you intend to or not. When this occurs, treat yourself kindly. This is hard but very important, as it can increase self-acceptance. We also want you to learn to act at least as kindly toward yourself as you would toward others by using self-compassion and self-help instead of criticism. The table below illustrates two kinds of exercises you can do together with examples and does.



Goal

The goal of this treatment is to increase daily awareness of self-critical thoughts and practice treating yourself with the kindness of self-compassion. This will help you self-acceptance by reducing self-criticism and increase motivation for self-care as a great starting place for a behavior, boundaries and health to become a part of compassionate you.

Exercise 1: Three Columns

Self-Critical Thoughts	Compassionate Thoughts	Compassionate Behavior
I am thinking...	I'm being kind to me when I think / say to me this way...	Taking actions to do this in a gentle way...
I look terrible in pictures.	I'm worthy to be happy.	Find a hairstyle that makes me feel good and wear clothes I love.
I failed the last time and I'll repeat.	I am setting as mistake, everyone makes one, but my value is not based of others opinion.	Setting a journal when I look in the mirror.
No one will ever love me because of how I look.	I am beautiful just the way I am; I am allowed to be me.	Making a physical reminder about me.
I hate it when I lose in the mirror.	It's okay to get kind to me; am I going to over think?	Making a professional appointment.

Exercise 2: Compassionate Therapy

Self-Critical Thoughts	Compassionate Thoughts	Compassionate Behavior
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Tips: When you notice a self-critical thought, pause and choose a kinder thought. Then, take one small compassionate action for yourself.

