



A Self-Compassion Worksheet

Think about a situation wherein you are struggling with - conflicts with your partner, a personal or professional rejection, or low grade.

How do you respond to yourself in such a situation - the tone you use, your posture, your non verbal cues?

Now, think about how you treated a friend when they were going through a similar situation. Think about the tone you used with them, your posture, your non verbal cues.

What came up for you in this exercise?

The first step towards changing the way you respond to yourself is to notice when you are being self critical. Treating yourself with the same warmth, consideration and mindfulness that you would treat another human with lies at the core of self-compassion. A great way to practice self-compassion is to repeat the following message whenever you face a difficult situation -

“This is a moment of suffering and I am in need of care. Suffering is a part of being human. May I be kind to myself in this moment. May I give myself the compassion I need.”

The first sentence reflects mindful awareness of your situation. Being imperfect, failing and experiencing other difficulties is inevitable, so be gentle when you encounter pain. We can take responsibility for our mistakes AND still offer self-compassion. In the second sentence you regard yourself with consideration and a sense of common humanity. Remember that as you deal with suffering or make a mistake, you are not alone. It is something that every individual faces at some point in their life. With the third sentence you offer yourself warmth and kindness.

It is crucial to not confuse self-compassion with self-pity or self-indulgence. Avoid invalidating comments such as “it is not that bad”, “stop worrying”, “other people have it worse”, “do not think about it”, etc.

Few sentences that reflect self-compassion are-

“I am in pain. However, I am not alone. We all struggle in our lives. May I be strong and patient through this.”

“Learning new things can be challenging. Some people learn fast and others learn slow. Some things are easy to learn and some are not. I can get through this if I practice continuously and stick through it.”

“I feel bad when I compare the way I look with others. However, it is human to do so and everyone compares themselves to others. But it is really okay for me to be my kind of beautiful.”

