



Self-Compassion Worksheet

Self-compassion involves treating yourself with the same kindness and understanding you would offer a friend. Use this worksheet to reflect on your experiences and develop a more self-compassionate mindset.

1

Acknowledging Self-Criticism

List three common self-critical thoughts you've had recently.
Example: "I'm not good enough."

1. _____

2. _____

3. _____

- Reflect on these thoughts. Are they realistic or overly harsh? Write your reflections below.



2

Reframing with Kindness

Choose one self-critical thought from above and reframe it with kindness.

Original Thought: _____

Reframed Thought: _____

- Write a compassionate letter to yourself addressing this thought.
Example: "I know you're feeling overwhelmed, but you're doing your best."

3

Practicing Common Humanity

- Think about a time when you felt isolated due to your struggles. Write about how others might share similar feelings or experiences.

- How does recognising this shared humanity change how you feel about your situation?



4

Mindful Awareness

- Identify one difficult emotion you are experiencing right now.

Emotion: _____

- Spend a few moments observing this emotion without judgement.
Describe your experience.

5

Self-Care Commitment

- Write down three self-care actions you can take this week to nurture self-compassion.

1. _____
2. _____
3. _____