

Self Compassion

In this exercise, I want you to think of ways you can bring self compassion to your life.

Aspect	Action	Aspect	Action
Comforting	What can I do to take care of my emotional needs?	Protecting	What can I do to stop others that are hurting me or stop the harm I inflict on myself?
Soothing	What can I do to make myself feel physically calmer?"	Providing	What can I do to give myself what I need?
Validating	What can I say to myself to validate my own feelings?	Motivating	How can I motivate myself with kindness, support, understanding, rather than criticism?