

Self-Compassion Reflection

Learn to be kinder to yourself with this gentle guide

Instructions: Set aside 5-10 minutes each day to reflect and fill out the prompts below. Choose one section or complete them all. Aim to be specific and focus on even the smallest joys.

Part 1: Recognizing Self-Criticism

Identify Your Inner Critic

Write about a recent situation where you were critical of yourself.

- What happened?
- What did your inner voice say?

Example: "I made a mistake at work, and my inner voice said, 'You're so bad at this job. You'll never get it right.'"

Part 2: Practicing Self-Kindness

Reframe Your Criticism

Imagine someone you care about made the same mistake. How would you comfort them?

- What kind and supportive words would you say to them?
- Now, say those words to yourself. Write them here.

Example: "It's okay to make mistakes. Everyone does. This is a chance to learn and grow."

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Part 3: Connecting with Common Humanity

You're Not Alone

Consider how many others have likely felt the same way or experienced something similar.

- How does it feel to know that your struggles are part of being human?

Example: "I realize everyone has moments of doubt or makes mistakes. I'm not the only one trying to figure things out."

Part 4: Mindfulness Practice

Name Your Emotions

Take a moment to notice how you feel right now.

- List your emotions without judgment (e.g., sadness, frustration, hope).
- Write one or two sentences about how you're experiencing those emotions physically.

Example: "I feel frustration in my chest and sadness as a tightness in my throat. I acknowledge these feelings without judgment."

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Part 5: Mindfulness Practice

Set a Kind Intention

Write a kind intention or promise to yourself moving forward.

Example: "I will remind myself that progress, not perfection, matters. I will treat myself with the same kindness I give to others."

Reflection Space

Take a few minutes to write any additional thoughts or insights you've gained from this exercise.

- What do you want to remember about this experience?