



My Self-Compassion Worksheet

Seven short steps to meet one hard moment the way you'd meet a good friend's, ending with an evening journal to keep it going.

01 What's hard right now?

Start with one specific moment. Name it plainly, then notice how you've been treating yourself about it.

What's happening that's hard? In a line or two:

What have I been saying to myself about it? (the exact words)

How harshly am I treating myself about this right now?

1	2	3	4	5	6	7	8	9	10
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Very gently

Very harshly

02 A self-compassion break

Kristin Neff's three-step practice. Bring the moment to mind and let yourself feel a little of it. If it helps, put a hand on your heart as you write.

1. Mindfulness: 'This is a moment of suffering.' What am I feeling, said plainly, without making it bigger or smaller?

2. Common humanity: 'I'm not alone.' Who else might feel this way in a situation like mine?

3. Kindness: 'May I be kind to myself.' What do I need to hear right now?

03 The friend test

Imagine a close friend came to you with this exact problem. Notice the difference between how you'd treat them and how you've been treating yourself.

What I'd say to a friend

And the tone I'd use

What I've said to myself

And the tone I've used

What am I afraid would happen if I spoke to myself the way I'd speak to them?

04 What do I need right now?

Self-compassion isn't only soothing. Sometimes the kind thing is to rest, and sometimes it's to act. Tick what fits.

- ☐ Comfort: to go gently and let this be hard for a while.
- ☐ Rest, or an early night.
- ☐ To talk to someone I trust.
- ☐ To say no, or set a limit, to protect myself.
- ☐ To take one small step to change something.
- ☐ To forgive myself, and make amends if I can.

One kind thing I'll do for myself today:

05 A letter from a kind friend

Imagine a friend who is completely kind and accepting. They see all your strengths and all your flaws, and they understand what shaped you. Write to yourself from them, about this moment or a flaw you often judge yourself for.

Start with 'Dear [your name],' and write as they would:

06 How do I feel now?

Re-rate it. It doesn't need to drop to zero. A little more warmth is the win.

How harshly am I treating myself about this now?

1 2 3 4 5 6 7 8 9 10

Very gently

Very harshly

A phrase I want to remember next time:

07 Keep it going: an evening journal

Neff suggests trying this every evening for a week. Note one thing from the day you felt bad about, then take it through the three parts.

Mindfulness

How I felt, said plainly

Common

humanity

How it's part of being human

Kindness

What I'd say to myself kindly

When you're done, a moment to reflect

- When did you last treat a friend with real kindness?
What would it take to give yourself the same?
- What does your harshest inner voice say most often,
and whose voice does it sound like?
- What are you afraid would happen if you stopped
being so hard on yourself?
- What are you struggling with that many other people
struggle with too?
- What would having your own back look like this
week?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.