

SELF COMPASSION

STEP
1

It is very true that most of us are hard on ourselves, particularly if we get even the slightest hint that we don't 'match up' in some way. If we make even the smallest mistake we have a tendency to berate ourselves, this prevents any feelings of compassion.



INCREASE AWARENESS

What do you typically criticise yourself for?

What sorts of things do you typically say to yourself/about yourself?

STEP
1
CONT.

How do you say these things? What does your internal voice sound like? Does it remind you of anyone?

When you criticise yourself, how does it make you feel?

What do you think the negative consequences are of speaking to yourself like this?

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1
CONT.

Our minds aren't stupid and they don't do things for no good reason. Ask yourself the following questions to see if you hold any positive beliefs about the benefits of being self-critical:

Why is my mind critical?

Why does it speak to me in this critical way?
What is its motive? What is its aim?

How might my mind be trying to protect or help me by criticising me?

STEP
1
CONT.

If I wasn't critical of myself, what do I fear might happen?

What bad things might self-criticism prevent?

STEP
2



SLOW DOWN & BE MINDFUL

Use slow breathing to achieve calmness, then you will be able to think and behave in self-compassionate ways.

1. Ensure that you are sitting in a comfortable chair
2. Take a breath in for 4 seconds (through the nose if possible)

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CONT.

3. Hold the breath for 2 seconds
4. Release the breath for 6 seconds (again through the nose)
5. Pause slightly before breathing in again
6. Then practice, practice, practice at least 2 x day

Describe what you observed from doing this exercise.

STEP
3



GETTING PERSPECTIVE

Bring to mind something you are currently struggling with, firstly to get clarity for yourself. Look at your critical thinking about yourself in the struggle).

What is the trigger? (i.e., a situation, thought - memory of the past or thinking about future, emotion, physical sensation)

STEP
3
CONT.

What is the self-critical part of me saying? What tone of voice is it using?

How much do I believe the self-critical thoughts?

0% ←————→ 100%

What emotion(s) am I feeling?

Rate the intensity of the main emotion you are experiencing.

0% ←————→ 100%

What physical sensations or behaviours go with these feelings?



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3
CONT.

Now shift perspective and inject some **Compassionate Thinking**. What advice would I give to a friend I care about who was thinking and feeling this way?

What does the compassionate part of me want to say to the self-critical part?

What are some other ways of viewing this situation that might be more realistic, kinder or more helpful to me?

STEP
3
CONT.

How will I feel about this in 1 week, or 1 month or 1 year?

What can I do to cope and look after myself now?

Finally, what is a more compassionate conclusion to replace the self-criticism?

How much do I believe the self-critical thoughts now? (re-rate)

0% ←————→ 100%

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3
CONT.

How intense is my initial main emotion now?
(re-rate)

0% ←————→ 100%

STEP
4
CONT.

How do you care for yourself mentally?

What else could you do to care for yourself mentally?

How do you care for your emotional wellbeing?

STEP
4



TAKING CARE OF MYSELF

While self-care may sound simple enough, it is often difficult to do. One of the most common reasons for people not engaging in regular self-care is that they “don’t have time”.

How do you care for your body?

What are some other ways you could reduce physical stress and tension?



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STEP

4

CONT.

What else could you do to care for your feelings?

How could you enhance the relationships and connections you already have?

If you are struggling to come up with ideas for taking care of yourself download the Self Care Practices PDF from the resources.

Take the time right now and then every week to schedule self care activities into your calendar.