Self-Compassion Break Worksheet

Objective:

To develop a habit of self-compassion to help manage stress and challenging emotions.

Instructions:

Step 1: Notice the Distress

Take a moment to acknowledge that you are struggling. Recognizing your suffering is the first step toward self-compassion.

What Counts as Suffering?

Suffering can take many forms, including:

- Feeling overwhelmed, anxious, or stressed.
- Self-criticism or negative self-talk.
- Physical pain, exhaustion, or discomfort.
- Grief, loneliness, or sadness.
- Struggles with self-worth or self-doubt.
- Facing challenges at work, school, or in relationships.
- Perfectionism and fear of failure.
- Feeling stuck, unmotivated, or lost.

📍Think of things that are hard for you and note them here:✍️

Step 2: Offer Yourself Compassion

Respond to your distress with the same kindness you would offer a friend. Use a phrase that feels comforting:

- *"I hope it gets easier for me soon."*
- *"I hope I can be happy soon."*
- *"I hope this stops for me soon."*
- *"I'm doing the best I can."*
- *"I want to be cared for."*
- *"This is hard, and I want it to get easier."*

If none of these resonate, create your own phrase that feels supportive.

📍What feels good for you to say to yourself?✍️

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Step 3: Stay with the Feeling

Pause for a moment. Place a hand on your heart or take a deep breath.

- Allow yourself to sit with the kindness you just offered.
- Notice how it feels to speak to yourself with compassion.
- Remind yourself: Suffering is part of being human, and you are not alone.

📍What does this feel like for you?✍️

Self-Compassion Phrases for Daily Practice

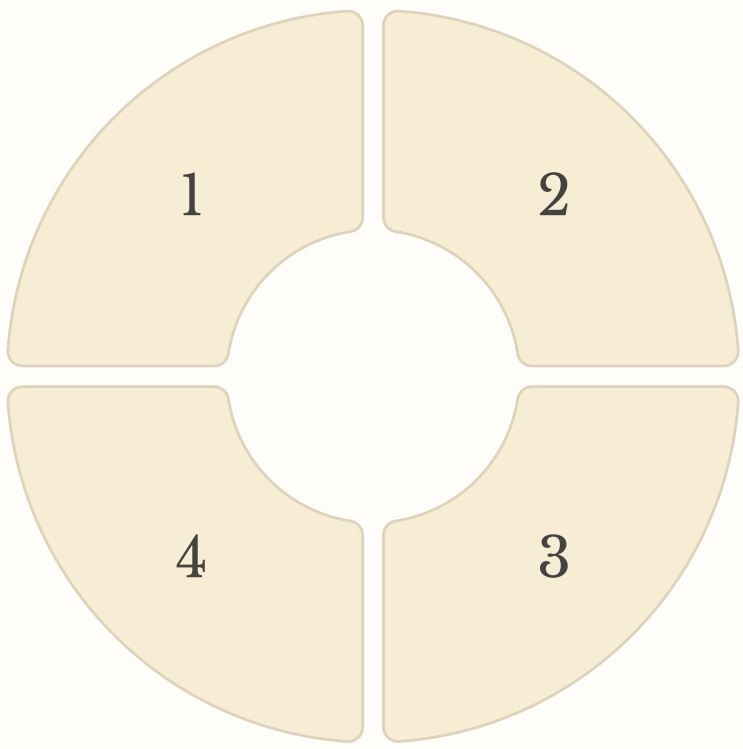
Practice these gentle phrases of self-compassion, moving from basic acknowledgments to deeper acceptance.

Basic Self-Care

- I want to be happy
- I want to be without stress
- I want to be without pain
- I want to be cared for
- I'm doing the best I can

Growth & Healing

- May I stop comparing myself
- May I let go of perfectionism
- May I have courage
- May I practice self-care
- May I give myself the compassion I need



Inner Peace

- May I find peace
- May I be safe
- May I have a calm mind
- May I be free from anxiety
- May I be free from suffering

Self-Acceptance

- May I accept myself
- May I believe in myself
- May I cherish myself
- May I accept myself completely, just as I am
- May I be gentle with myself when I make mistakes

Remember: These phrases are starting points. Feel free to adapt them to what resonates most with your personal journey of self-compassion.



📍Reflection Questions:

1. How did it feel to acknowledge your distress?✍️

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2. Which self-compassion phrase resonated with you the most? Why?✍️

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3. How do you think practicing self-compassion regularly could help in stressful moments?✍️

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4. What phrase or personal mantra can you use in future moments of self-criticism?✍️

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Practice Challenge:

For the next week, take a **Self-Compassion Break** at least once a day. Keep a journal of how it feels to practice self-kindness, and note any changes in your mood or stress levels.

Remember:

You are worthy of kindness and care—especially from yourself. 💙