



# Embracing Self Compassion

A SELF-COMPASSION WORKBOOK FOR MINDFULNESS AND SERENITY



The Daily Wellness

# WHAT IS SELF-COMPASSION?

Self-compassion refers to the practice of treating oneself with kindness, understanding, and acceptance in times of difficulty, failure, or personal suffering. It involves extending the same compassion, care, and support to oneself that one would naturally give to a close friend or loved one who is experiencing pain or distress.

Self-compassion involves three key components:

**Self-kindness:** Being understanding, gentle, and supportive toward oneself, especially during challenging times. It involves offering oneself comfort and reassurance rather than harsh self-criticism or judgment.

**Common humanity:** Recognizing that suffering, imperfections, and challenges are part of the shared human experience. Instead of feeling isolated or alone in one's struggles, self-compassion involves acknowledging that everyone faces difficulties and setbacks at some point.

**Mindfulness:** Being aware of and acknowledging one's emotions and experiences without suppressing or exaggerating them. It involves observing one's thoughts and feelings with a non-judgmental and accepting attitude.

Practicing self-compassion can have several benefits. It can help individuals cope with stress, develop resilience, and enhance emotional well-being. It encourages self-care, self-acceptance, and a healthier perspective on oneself and one's experiences. By treating oneself with kindness and understanding, individuals can cultivate a sense of inner safety and comfort, which can foster personal growth and positive relationships with others.



# SELF-COMPASSION SCALE

The scale below will give you an idea on how self-compassionate you are.

Answer the following statements and use the scale to calculate your score.

ALMOST NEVER	OCCASIONALLY	ABOUT HALF OF THE TIME	OFTEN	ALMOST ALWAYS
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

When I make a mistake, I remind myself that everyone makes mistakes and it's a part of being human. \_\_\_\_\_

I'm able to observe my thoughts and emotions without judgment or criticism. \_\_\_\_\_

I prioritize self-care and make time for activities that nourish and rejuvenate me. \_\_\_\_\_

I generally have a compassionate and understanding attitude towards myself. \_\_\_\_\_

I'm able to comfort and reassure myself when I'm feeling down or stressed. \_\_\_\_\_

I give myself the same kindness and support I would give to a close friend in need. \_\_\_\_\_

# CHALLENGING NEGATIVE BELIEFS

## IDENTIFYING NEGATIVE SELF-BELIEFS

Reflect on the negative beliefs you hold about yourself.

**WHAT ARE SOME COMMON THOUGHTS OR BELIEFS THAT UNDERMINE YOUR SELF-COMPASSION?**

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**WRITE DOWN SPECIFIC NEGATIVE BELIEFS THAT ARISE WHEN YOU FACE CHALLENGES OR MAKE MISTAKES**

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**HOW DO THESE NEGATIVE BELIEFS IMPACT YOUR SELF-ESTEEM, SELF-WORTH, AND ABILITY TO SHOW SELF-COMPASSION?**

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## EXAMINING THE ORIGINS

EXPLORE THE ORIGINS OF YOUR NEGATIVE BELIEFS. ARE THERE PAST EXPERIENCES, SOCIETAL INFLUENCES, OR COMPARISONS TO OTHERS THAT HAVE CONTRIBUTED TO THESE BELIEFS?

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*Consider whether these negative beliefs are based on accurate information or if they are distorted perceptions of yourself.*

WRITE DOWN ANY EVIDENCE THAT SUPPORTS OR CONTRADICTS THESE NEGATIVE BELIEFS

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## ASSESSING REALISTIC EXPECTATIONS

Evaluate the expectations you hold for yourself. Are they realistic and attainable, or are they excessively high or perfectionistic?

Write down more realistic and compassionate expectations that you can set for yourself.

**EXPECTATIONS  
YOU HOLD**

**REALISTIC  
EXPECTATIONS**

# PRACTICING SELF-KINDNESS

REFLECT ON WHAT SELF-KINDNESS MEANS TO YOU. HOW WOULD YOU DEFINE IT IN YOUR OWN WORDS?

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CONSIDER THE WAYS IN WHICH YOU CURRENTLY PRACTICE SELF-KINDNESS IN YOUR LIFE

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WRITE DOWN EXAMPLES OF ACTS OF SELF-KINDNESS THAT YOU CAN ENGAGE IN ON A REGULAR BASIS

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# IDENTIFYING AREAS OF SELF-CRITICISM

Take a moment to identify areas of your life where you tend to be self-critical or hard on yourself.

**WRITE DOWN SPECIFIC EXAMPLES OF SELF-CRITICAL THOUGHTS OR BELIEFS THAT ARISE IN THESE AREAS**

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**REFLECT ON HOW SELF-CRITICISM AFFECTS YOUR EMOTIONS, THOUGHTS, AND BEHAVIORS IN THOSE SITUATIONS**

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# AFFIRMATIONS



I am deserving of love and kindness, including from myself.

I acknowledge my struggles and embrace myself with understanding.

I am allowed to make mistakes and learn and grow from them.

I honour my needs and prioritize self-care in my life.

I am worthy of acceptance, just as I am in this present moment.

I offer myself forgiveness for any perceived shortcomings or failures.

I choose to let go of self-judgment and embrace self-acceptance.

I am resilient, and I have the strength to overcome challenges.



I give myself permission to set boundaries and prioritize my well-being.

I am not defined by my past mistakes; I am defined by my capacity for growth and self-compassion.

I treat myself with the same kindness and care that I would offer to a loved one.

I trust in my ability to handle difficult situations with grace and compassion.

I embrace my imperfections and see them as a part of my unique journey.

I am allowed to prioritize my own well-being and happiness without guilt.

I embrace self-compassion as a valuable tool for my personal growth and inner peace.



# CULTIVATING SELF-COMPASSIONATE RESPONSES

From the affirmations list, write down the affirmations that you can use as a response to self-critical thoughts.

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“	”
“	”
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Consider how you can reframe self-critical thoughts with kind and understanding statements. For example, replace "I'm not good enough" with "I am worthy of love and acceptance just as I am."

## SELF-CRITICAL THOUGHTS

## REPLACE WITH KIND STATEMENT

“	”	“	”
“	”	“	”
“	”	“	”
“	”	“	”

# ACTS OF SELF-KINDNESS

Brainstorm a list of self-kindness activities that resonate with you. These can be simple gestures or larger acts of self-care.

A large, empty, light beige rounded rectangular box intended for brainstorming self-kindness activities. The box is centered on the page and occupies most of the lower half of the document. It has a soft, pastel-like color and rounded corners, providing a clean space for writing.

# SELF-COMPASSION PRACTICES

**WHAT ARE SOME SELF-COMPASSION PRACTICES OR ACTIVITIES THAT RESONATE WITH YOU? (E.G., SELF-CARE ROUTINES, SELF-SOOTHING EXERCISES, AFFIRMATIONS)**

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**HOW CAN YOU INTEGRATE THESE SELF-COMPASSION PRACTICES INTO YOUR DAILY LIFE TO COUNTERACT SELF-CRITICISM AND PROMOTE SELF-ACCEPTANCE?**

# RECOGNIZE SUFFERING AS A UNIVERSAL HUMAN EXPERIENCE

## REFLECTION ON PERSONAL SUFFERING

Take some time to reflect on your own experiences of suffering. It can be physical, emotional, or mental pain, loss, or challenges.

WRITE DOWN SPECIFIC INSTANCES OR SITUATIONS WHERE YOU HAVE EXPERIENCED SUFFERING IN YOUR LIFE

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## UNDERSTAND THE UNIVERSALITY OF SUFFERING

Recognize that suffering is a natural part of the human experience. Reflect on the fact that all humans, regardless of their background or circumstances, experience suffering in some form.

WRITE DOWN EXAMPLES OF COMMON TYPES OF SUFFERING THAT PEOPLE MAY EXPERIENCE, SUCH AS HEARTBREAK, FAILURE, LOSS, OR SELF-DOUBT

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## DEVELOPING EMPATHY AND COMPASSION

Reflect on how recognizing the universality of suffering can foster empathy and compassion towards others.

WRITE DOWN WAYS IN WHICH YOU CAN CULTIVATE EMPATHY AND UNDERSTANDING FOR THE SUFFERING OF OTHERS

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*Consider how extending compassion to others can also enhance your own self-compassion.*

## SELF-REFLECTION ON SUFFERING

Reflect on how you typically respond to your own suffering.

DO YOU TEND TO BE SELF-CRITICAL, JUDGMENTAL, OR DISMISSIVE OF YOUR PAIN?

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WRITE DOWN ANY SELF-CRITICAL THOUGHTS OR REACTIONS THAT ARISE WHEN YOU ARE FACED WITH SUFFERING

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*Consider how these self-critical responses impact your ability to offer yourself compassion and support.*

**CULTIVATING SELF-COMPASSION IN THE  
FACE OF SUFFERING**

Recognize that you deserve self-compassion and understanding during times of suffering, just as any other human does.

**WRITE DOWN SELF-COMPASSIONATE STATEMENTS OR AFFIRMATIONS THAT YOU CAN  
USE TO RESPOND TO YOUR OWN SUFFERING**

*Practice offering yourself kindness, patience, and support when you are faced with suffering.*

# ACKNOWLEDGING CHANGE

Reflect on a specific situation or event that has brought significant change into your life. It could be a loss, a transition, or a major shift in your circumstances.

**WRITE DOWN THE DETAILS OF THIS CHANGE AND HOW IT HAS IMPACTED YOUR LIFE**

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Reflect on the emotions that have emerged as a result of this change.

**WRITE DOWN THE EMOTIONS YOU HAVE EXPERIENCED, SUCH AS SADNESS, FEAR, CONFUSION, OR UNCERTAINTY**

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# FINDING MEANING AND GROWTH

Reflect on the potential for growth and meaning that can arise from this new reality.

**WRITE DOWN ANY OPPORTUNITIES FOR PERSONAL GROWTH, LEARNING, OR POSITIVE CHANGE THAT YOU CAN IDENTIFY IN THIS SITUATION.**

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*Consider how embracing this new reality can lead to new possibilities and a deeper understanding of yourself.*



# MEDITATION TO CULTIVATE A COMPASSIONATE INNER VOICE

## **Find a Quiet and Comfortable Space**

Set aside some time and find a quiet space where you can comfortably sit or lie down.

## **Settle into a Comfortable Position**

Find a posture that feels comfortable. Sit on a cushion or lie down. Close your eyes or keep them focused on a fixed point

## **Centering and Grounding**

Begin by taking a few deep breaths, allowing your body and mind to relax with each exhale.

## **Cultivating Mindful Awareness**

Shift your focus to your breath. Notice the sensation of the breath entering and leaving your body.

## **Invoking a Compassionate Inner Voice**

Bring to mind a situation where you usually speak harshly or critically to yourself.

## **Cultivating Self-Compassion**

Begin to cultivate a compassionate inner voice by repeating self-compassionate affirmations silently to yourself.

## **Embracing Warmth and Kindness**

As you repeat these phrases, imagine that you are wrapping yourself in a warm and gentle embrace of compassion.

## **Offering Self-Compassion to Others**

Extend the same phrases and feelings of compassion to others who may be going through similar challenges.

## **Closing the Practice**

Gradually bring your attention back to your breath, noticing the rise and fall of each inhale and exhale.

Reflect on the experience and any insights or emotions that arose during the practice.

Consider how you can bring the practice of cultivating a compassionate inner voice into your daily life and interactions with yourself and others.

