ADULTS | SELF-REFLECTION

Self-Compassion Journal



WHAT THIS IS

Self-compassion means treating yourself with the kindness you would offer a good friend. It builds resilience, not complacency.

HOW TO USE IT

1. Notice a moment of self-criticism.
2. Respond using the three parts.
3. Write a kind letter to yourself.

EXAMPLE

"I messed up the presentation. Many people struggle with this. I will ask for feedback and rest tonight."

1 · MINDFULNESS

"This is a hard moment."

2 · COMMON HUMANITY

"Others feel this way too."

3 · KINDNESS

"May I be gentle with myself."

What I am criticizing myself for

What I would say to a good friend in this situation

A kind letter to myself

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