

# ACTIVELY ENGAGING IN SELF-COMPASSION

Think of a situation that you are struggling with or being hard on yourself about. Write a few sentences about the situation:

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What is one thing you can do to comfort yourself emotionally?

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What is one thing you can do to make yourself physically comfortable?

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Write down one thing you can do to protect yourself from harm either from others or from your own self:

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Think of something that you need. What can you do to give this to yourself?

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What can you say to yourself to motivate yourself with kindness and encouragement instead of through criticism and negative self-talk?

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