

How to Practice SELF-COMPASSION Through Your Words

Your words have power – be aware of negative self-talk, especially if it's habitual. In the blank spaces below, fill in what you can say to counter negative self-talk.

We have provided a few examples to get you started.

INSTEAD OF SAYING	SAY THIS
I never get anything right	I don't have to be perfect, I will do my best
I messed it up, how dumb of me	Next time, I will do ___ better by doing ___
I'm not good at anything	All I have to do is try it out
People don't like me	
I don't deserve good things	
I'm helpless and powerless	
I never know the right thing to say	
I'm not good enough	
I'm not smart enough	
I hate the way I look	
Everyone thinks I'm incapable	
Who am I to expect anything better?	

