

Self-compassion quick guide

Twenty-seven small practices. You do not need all of them; you need two or three that you will actually use.

Self-compassion is not self-indulgence. It is treating yourself the way you would treat a good friend in the same situation: honestly, warmly, and without the extra layer of punishment.

Self-Compassionate Letter

Write a letter to yourself from the perspective of someone who loves you unconditionally.

Reframe Self-Talk

When you notice harsh self-talk, pause and replace it with kinder, supportive words as if you were talking to a friend.

Self-Soothing Touch

Place a hand on your heart, or give yourself a gentle hug. Physical touch can activate feelings of safety and comfort.

Practice Mindfulness

Stay present with your emotions without judgment. Acknowledge them as temporary without trying to suppress or overreact.

Positive Affirmations

Repeat positive affirmations like "I am enough," or "I am worthy of love" when facing negative self-talk.

Self-Compassionate Break

Give yourself permission to step away from stressful tasks and return when you're in a calmer mindset.

Inner Child Work

Visualize yourself as a child and talk to your inner child with kindness, empathy, and support.

Gratitude Practice

Write down three things you're grateful for each day. Shifting focus to gratitude can build a sense of contentment.

Set Boundaries

Give yourself permission to set boundaries with others to protect your mental and emotional well-being.

Progress Over Perfection

Emphasize progress over perfection. Remind yourself that small steps forward are still steps forward.

Forgive Yourself

Practice forgiving yourself for past mistakes by reminding yourself that everyone makes mistakes and it's part of growth.

Visualization

Imagine a comforting place or a supportive person to help bring feelings of safety and warmth during tough moments.

Breathwork

Practice deep breathing techniques such as 4-7-8 breathing to reduce stress and self-criticism.

Self-compassion quick guide

Practices fourteen to twenty-seven

Pause and Reflect

When overwhelmed, pause and ask yourself, "What do I need right now?" Give yourself space to answer with kindness.

Use Humor

Gently laugh at your mistakes or imperfections, reminding yourself that life isn't always so serious.

Body Scan Meditation

Tune into different parts of your body, sending compassion and gratitude to each one for what it does for you.

Daily Check-In

Regularly ask yourself how you're feeling and what you need, ensuring you're checking in with yourself with compassion.

Speak with a Friend

Reach out to someone who listens without judgment. Being heard and supported can alleviate self-critical feelings.

Practice Compassion for Others

Extend compassion to others to reinforce the idea that everyone deserves kindness, including yourself.

Let Go of Comparisons

Remind yourself that everyone's journey is different and avoid comparing your progress or struggles with others.

Acts of Kindness

Perform small acts of kindness for others. It can boost your mood and help cultivate a positive self-image.

Accept Impermanence

Remind yourself that tough times and emotions are temporary. You can get through it, and this too shall pass.

Nurture Your Strengths

Focus on what you do well and take time to acknowledge your strengths and successes, no matter how small.

Engage in a Creative Activity

Do something creative, like drawing, painting, or playing music. Creative expression can be healing and affirming.

Release the Need for Approval

Practice releasing the need for external validation by affirming that your worth comes from within, not from others.

Allow Yourself to Feel

Instead of pushing away difficult emotions, give yourself permission to fully experience them without judgment. Remind yourself that it's okay to feel whatever you're feeling.

Speak to Yourself in Third Person

When you're feeling self-critical, try referring to yourself by your name as if you were comforting a friend. This can create emotional distance from harsh thoughts and promote a more compassionate inner dialogue.

Three I will actually try

Tick three. Small and daily beats big and never.

- ☐ Self-Compassionate Letter
- ☐ Practice Mindfulness
- ☐ Inner Child Work
- ☐ Progress Over Perfection
- ☐ Breathwork
- ☐ Body Scan Meditation
- ☐ Practice Compassion for Others
- ☐ Accept Impermanence
- ☐ Release the Need for Approval
- ☐ Reframe Self-Talk
- ☐ Positive Affirmations
- ☐ Gratitude Practice
- ☐ Forgive Yourself
- ☐ Pause and Reflect
- ☐ Daily Check-In
- ☐ Let Go of Comparisons
- ☐ Nurture Your Strengths
- ☐ Allow Yourself to Feel
- ☐ Self-Soothing Touch
- ☐ Self-Compassionate Break
- ☐ Set Boundaries
- ☐ Visualization
- ☐ Use Humor
- ☐ Speak with a Friend
- ☐ Acts of Kindness
- ☐ Engage in a Creative Activity
- ☐ Speak to Yourself in Third Person

WHEN AND WHERE

1.
2.
3.

A SELF-COMPASSION BREAK · THREE SENTENCES FOR A HARD MOMENT

- 1

This is a moment of suffering. Name it plainly: “This hurts.” “This is hard.”
- 2

Suffering is part of being human. “Other people feel this way too. I am not the only one.”
- 3

May I be kind to myself. Put a hand on your chest or your arm and say what you most need to hear.

Thirty seconds is enough. Use it in the car, in the bathroom at work, before you reply to the message. It gets easier with repetition.

A KINDER SENTENCE · REFRAME SELF-TALK, PRACTICE 2

WHEN I CATCH MYSELF SAYING	I COULD SAY INSTEAD, AS IF TO A FRIEND

From the perspective of someone who loves you unconditionally. Practice 1 from the guide.

Dear