

A 3-STEP PROCESS FOR CULTIVATING SELF-COMPASSION

EVENT, REACTION, CIRCUMSTANCE:

{Briefly describe the event which occurred.}

MINDFUL MOMENT:

{List the painful emotions, memories and negative self-talk around the event.}

{What factors contributed to the outcome, feelings & challenges?}

ACKNOWLEDGING YOUR HUMANITY:

{Acknowledge the natural humanness and imperfection common to all of us that contributes to such challenges.}

EMBRACING FORGIVENESS & SELF-COMPASSION:

{Offer forgiveness, reassurance and self-compassion to yourself. Write some kind, affirming, compassionate words of comfort to yourself.}