



Introduction to Self-Compassion

According to Kristen Neff, self-compassion means treating yourself with the same kindness and understanding you'd offer to a close friend. It's not about letting yourself off the hook—it's about acknowledging your struggles without judgment, and responding with care instead of criticism. This worksheet will guide you through the basics of self-compassion.

1. What is Self-Compassion?

Self-compassion has three main elements: • **Mindfulness:** Noticing your pain without exaggerating or ignoring it. • **Common Humanity:** Remembering that everyone struggles; you are not alone. • **Self-Kindness:** Responding to yourself with warmth and care instead of harsh judgment.

2. Reflection

Think of a recent moment when you were struggling as a parent. Write down the critical thoughts that showed up. Then, beside them, rewrite what a compassionate, supportive voice might have said instead.

Critical Thought	Compassionate Response
_____	_____
_____	_____
_____	_____

3. Practice Exercise

Close your eyes and place a hand over your heart. Take a few breaths and repeat to yourself: "This is a moment of struggle. Struggle is part of being human. May I be kind to myself in this moment." Notice how your body feels as you say these words.

4. Daily Check-In

Each evening, ask yourself: • How did I speak to myself today? • Did I notice moments of self-criticism? • What's one way I can offer myself kindness tomorrow?

Neff, K. (2003). Self-Compassion: An Alternative Conceptualization of a Healthy Attitude Toward Oneself. *Self and Identity*, 2(2), 85–101. <https://doi.org/10.1080/15298860309032>