

SELF-COMPASSION WORKSHEET

Today's Date:

FLIP THE SCRIPT

Write down something harsh, critical or uncaring you've said to yourself recently. Go into detail about how ashamed, inadequate, or self-conscious your perceived flaw makes you feel.

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Now think of someone in your life who knows you well, who is loving and supportive, and who loves and wishes you well. Write down what they would say to you in response to what you just wrote.
