

Self-Compassion Card

An exercise for difficult moments

When your inner critic gets loud, you can pause and choose a kinder response, in three steps.

1 Mindfulness - Stop and Notice:

Before the feeling takes over, just pause for a moment. Notice what's happening inside, without judging.

What am I feeling right now?

Where in my body do I feel it?

2 It's Normal - Everyone Feels This Way Sometimes:

Pain is part of life. It doesn't mean something went wrong.

What would I say to a close friend going through the same thing?

What would I say to someone I love who feels this way?

3 Self-Compassion - Speak to Yourself Gently:

Offer yourself the warmth you'd give someone you love.

What do I need to hear right now?

Possible answers:

I'm doing my best.

It's okay to make mistakes and try again.

I deserve gentleness, even now.

This moment will pass.

You need compassion most when you're hardest on yourself. Self-compassion is hard, but it gets more natural over time.

Based on Kristin Neff's Self-Compassion model, 2003

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