

Writing for Self-Compassion

Self-compassion is being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or punishing ourselves with self-criticism.

Self-criticism is a form of negative thinking that makes being kind to yourself difficult. If you're sometimes hard on yourself, even when the people around you are supportive, you may benefit from practicing self-compassion. Start by answering these questions using the space below:

- What do you say to yourself that is critical? What purpose is being hard on yourself serving?
 - Think of ways being hard on yourself might be *unhelpful*, *helpful*, or a *combination of both*.
- What would it look like for you to be more kind to yourself?
 - What could you do for yourself? What might you say to yourself or others? What would be most helpful for you to hear?
- Finally, what was it like to reflect on self-compassion? Was it tough? Was it easy? What made the reflection tough or easy for you?

Practice self-compassion when you're being hard on yourself by writing through your thoughts and feelings, and if you feel like sharing, have a conversation with a friend or loved one!

