




Free Self-compassion Worksheet

| WHAT IS SELF-COMPASSION? | | |
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|  <p>Mindfulness</p> <p>Self-compassion involves recognising when we're stressed or struggling without being judgmental or over-reacting.</p> |  <p>Self-Kindness</p> <p>Being supportive and understanding towards ourselves when we're having a hard time, rather than being harshly self-critical.</p> |  <p>Connectedness</p> <p>Remembering that everyone makes mistakes and experiences difficulties at times. We are not alone!</p> |
| MINDFULNESS | SELF KINDNESS | CONNECTEDNESS |
| <p>Mindfulness is a state of knowing yourself. Becoming fully aware of yourself, your mistakes, flaws, and owning them. It is about accepting who you are. It is about living in the present by being aware of your past.</p> <p>Accept your painful emotions and now try to treat yourself with a gentle approach.</p> | <p>Don't be judgmental: Don't be too harsh on yourself. Take it easy</p> <p>Nobody is perfect: Learn to forgive yourself by accepting that everyone makes mistakes. It is okay to make errors.</p> <p>Accept your mistakes: Knowing and accepting your mistakes is the first step toward</p> | <p>Learn to let go: Release your negative thoughts, and try to think positively. You can't change your past and your future.</p> <p>Positive Self Affirmations: Give yourself some positive and healthy alternative thoughts.</p> |

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| | recovery. | Unconditional self-acceptance: Love yourself, own your flaws and mistakes, |
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References

[Allen, A. B., & Leary, M. R. \(2010\). Self-Compassion, stress, and coping. *Social and personality psychology compass*, 4\(2\), 107-118.](#)

[Neff, K. D. \(2023\). Self-compassion: Theory, method, research, and intervention. *Annual review of psychology*, 74, 193-218.](#)

[Neff, K. D., & Dahm, K. A. \(2015\). Self-compassion: What it is, what it does, and how it relates to mindfulness. *Handbook of mindfulness and self-regulation*, 121-137.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.