

Printable self-compassion worksheets

Do the following activities when you feel down and feel like losing motivation to carry on in life:

Try to ignore negative self-talk: Your inner critic may be telling you that you need to indulge in self-loathing and feel negative, but don't let it affect you. Fight it off with positive emotional talk. For E.g. it is okay to make mistakes. I can and will do better in life.

Accept and acknowledge your feelings:

Acceptance is the first step towards getting better for recovery; accept your mistakes, Learn from them and then move on

Meet & Socialize with people that motivate you:

Don't isolate yourself; keep meeting people that have a positive and good impact on your life.

Celebrate your achievements: Remind yourself of all of the good and humanitarian work you have done for your community.

Love and Respect yourself more than anything else:

Be kind to yourself: just as you would have to show your support, love and care to your loved ones in the same situation, try to do the same by extending the same love and care:

Practice positive, motivational affirmations:

I am better than this, I am enough and worthy of love and compassion.