

Self-compassion worksheets for adults

Self-compassionate comprise of		
1. Mindfulness	2. Self-kindness	3. Connectedness



Mindfulness

Being aware of the physical, emotional, or mental pain of the moment.



Self-kindness

Treating ourselves with kindness, considering our own needs.



Common Humanity

Recognizing that these experiences are a normal part of being human.

Step 1: Practice self-compassionate Mindfulness

- 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.
- Accept your painful emotions, and now try to treat yourself with a gentle approach.

Step 2: Self Kindness

- Write a letter to yourself.
- Have a supportive touch.
- Don't be too judgmental of yourself.
- Accept your mistakes.
- Learn, from your past and move on.
- To err is human.
- Take a break and in that try to be loving and accepting towards oneself.

Step 3: Connectedness

- Release your negative thoughts and try to think positively. You can't change your past and your future.
- **Positive Self Affirmations:**
Give yourself some positive and healthy alternative thoughts.
- **Unconditional self-acceptance:**
Love yourself, own your flaws and mistakes, and Show love to your inner judgment and critic.