



Self Compassion Journal

Try keeping a daily self-compassion journal for one week (or longer if you like.) In your journal, write down anything that you felt bad about, anything you judged yourself for, or any difficult experience that caused you pain. (For instance, perhaps you got angry at car that pulled in front of you or perhaps you were short with your friend.) For each event, use mindfulness, a sense of common humanity, and kindness to process the event in a more self-compassionate way.

Mindfulness: This will mainly involve bring awareness to the painful emotions that arose due to your self-judgment or difficult circumstances. Write about how you felt: sad, ashamed, frightened, stressed, and so on. As you write, try to be accepting and nonjudgmental of your experience, not belittling it nor making it overly dramatic. (For example, "I was frustrated because my friend was saying something I didn't want to here. I got angry, over-reacted, and felt foolish afterwards.")

Common Humanity: Write down the ways in which your experience was connected to the larger human experience. This might include acknowledging that being human means being imperfect, and that all people have these sorts of painful experiences. ("Everyone over-reacts sometimes, it's only human.") You might also want to think about the various causes and conditions underlying the painful event. ("My frustration was exacerbated by the fact that I was already feeling bad about something. If I had been feeling better, my reaction probably would have been different.")

Self-Kindness: Write yourself some kind, understanding, words of comfort. Let yourself know that you care about yourself, adopting a gentle, reassuring tone. (It's okay. You messed up but it wasn't the end of the world. I understand how frustrated you were and you just lost it. Maybe you can try being extra patient and generous to all of your friends this week...")

Practicing the three components of self-compassion with this writing exercise will help organize your thoughts and emotions, while helping to encode them in your memory. If you keep a journal regularly, your self-compassion practice will become even stronger and translate more easily into daily life.



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Situation	Mindfulness	Common Humanity	Self-kindness
<i>Example</i> I saw an old lady struggling with bags and didn't stop to help her as I was running late.	<i>I felt sad that I didn't help her. I also felt stressed that I was running late.</i>	<i>I'm sure that everyone doesn't do things they want to at times. Everyone gets caught up with being late at times.</i>	<i>Its ok, no one is perfect and helps others out all the time. Next time I see someone struggling, I will help them.</i>

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