Teen Self Compassion Steps

Notice. Be kind. Remember others. Pause. Act with care.

Name: _____ **Date:** _____

1. Safety sort

Is this scene safe to work on? If not, get help first.

2. Miss + critic

What happened? Exact critic words?

3. Rate the heat

Shame or self attack, 0 to 10.

4. Self kindness

Friend tone, then say it to yourself.

5. Common humanity

Who else knows a version of this?

6. Mindful pause

Name, locate, soften. Do not drown.

7. Kind action

Own the repair. One next step.

8. Myth line

Not toxic positivity or self pity.

9. Log + review

Write what you tried. Partial wins count.

One miss, three responses

Scene: a teen gets a D on a test and the critic says "I am useless."

Pile on Looks tough, blocks learning.	Replay the fail for days, skip the retake.
Excuse Protects ego, costs trust.	Blame everyone, skip the repair.
Kind + own it Warm, honest, responsible.	"This hurts. I can ask for a plan."

Self compassion is not a free pass: kindness plus one responsible next step.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Educational only. Not a diagnosis or treatment. Prefer a safety plan in crisis.

Original layout by Lotus & Tulip, based on widely discussed teen self compassion skills. A practice tool, not therapy.

My Self Compassion Plan

One miss. Kindness, common humanity, mindful pause, kind action.

Name: _____ **Date:** _____

The miss and the critic line

What happened? Exact words the critic uses?

_____

_____

Heat 0-10 + what I notice in my body

Chest, stomach, jaw, tightness, urge to hide

_____

_____

Self kindness (friend tone)

What I would say to a friend: _____

Same line, said to myself: _____

Warm and honest (not fake cheer): _____

Common humanity

Others who know a version of this: _____

Reminder I am not uniquely broken: _____

Mindful pause (name / locate / soften): _____

Kind action with responsibility + myth line

One next step that owns the repair:

_____

Myth check: toxic positivity / self pity / harsh critic / self compassion

If this is unsafe for me, trusted adult:

_____

After: what helped, even a little?

Kindness line · common humanity · kind action · what to try next

_____

_____

Carry over for this week:

_____

_____

Original layout by Lotus & Tulip, based on widely discussed teen self compassion skills. A practice tool, not therapy.

Self Compassion Practice Log

Seven tries. Small, specific, honest. Partial wins count.

Name: _____ **Date:** _____

Day / date	Miss + critic	Skill I used	What happened	Next time
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Notice the critic · Self kindness · Common humanity

Mindful pause · Kind action with responsibility

Not toxic positivity. Not self pity. Not a free pass.

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

Original layout by Lotus & Tulip, based on widely discussed teen self compassion skills. A practice tool, not therapy.

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Self Esteem Worksheets for Kids and Teens

Holiday sale on Etsy until Dec 2: about $9.20, was $12

Get it on Etsy

etsy.com/listing/4607310455 | instant digital download

See every page first: lotustulip.com/self-esteem-worksheets-for-kids-and-teens.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.