Self Compassion Break

Pause with one hard moment. Rate the three components, then rewrite with kindness, connection and mindfulness.

Name: _____ **Date:** _____

The hard moment (facts only)

What happened: _____

_____

Rate how you treated yourself in that moment (0 = not at all, 10 = fully)

1. Self kindness

Warm, supportive tone toward myself (vs harsh judgment)

My rating 0 to 10: 0 1 2 3 4 5 6 7 8 9 10

2. Common humanity

I remembered others struggle too (vs feeling alone)

My rating 0 to 10: 0 1 2 3 4 5 6 7 8 9 10

3. Mindfulness

I noticed the pain without drowning in it (vs over identifying)

My rating 0 to 10: 0 1 2 3 4 5 6 7 8 9 10

Rewrite with the three components

Mindfulness (this is a moment of suffering):

What I notice in my body and mind right now: _____

Common humanity (suffering is part of being human):

Who else might feel something like this: _____

Self kindness (may I be kind to myself):

What I would say to a friend, said to myself: _____

Original layout by Lotus & Tulip, inspired by Neff's three components of self compassion. A practice tool, not a substitute for care.

How Would I Talk to a Friend?

Compare harsh self talk with the tone you would use with a friend, then write a compassionate rewrite.

Name: _____ **Date:** _____

Situation (one concrete moment)

_____

_____

Harsh self talk

What I said to myself (or would say):

_____

_____

_____

_____

_____

Friend talk

What I would say to a good friend in the same spot:

_____

_____

_____

_____

_____

Compassionate rewrite

What I will practice saying to myself:

_____

_____

_____

_____

_____

Practice rows (use after tough moments this week)

Day	Trigger (short)	Harsh line	Friend line	Rewrite I used
___	_____ _____	_____ _____	_____ _____	_____ _____
___	_____ _____	_____ _____	_____ _____	_____ _____
___	_____ _____	_____ _____	_____ _____	_____ _____
___	_____ _____	_____ _____	_____ _____	_____ _____

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Self Compassion Practice Log

Track brief practices for one week. Small, repeated practice beats a perfect speech you never use.

Name: _____ Date: _____

My go to practices this week (circle 2 or 3)

- ☐ Self compassion break (3 phrases)
- ☐ How would I talk to a friend?
- ☐ Compassionate letter (short)
- ☐ Soothing touch or hand on heart (if safe)
- ☐ Kind phrase I chose for today

Day	What was hard	Practice used	K 0-10	H 0-10	M 0-10
Mon					
Tue					
Wed					
Thu					
Fri					

Sat / Sun notes

Saturday hard moment + practice: _____

Sunday hard moment + practice: _____

Safety: if you or someone else might act on thoughts of suicide or self harm, in the US call or text 988 any time, or text HOME to 741741. If someone is in immediate danger, call 911. Self compassion practice can feel hard when shame or trauma is present. Go slowly, and get help if distress rises. This worksheet is not a crisis plan and not a substitute for care.

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