


SELF-COMPASSION



Just like we show kindness to our friends, we can be kind to ourselves too. When we are learning or experiencing something challenging, we can practice treating ourselves like we would treat a friend. We can get better at supporting ourselves through challenging times.

2 Choose one of the things from your list and draw a simple version of yourself doing it.

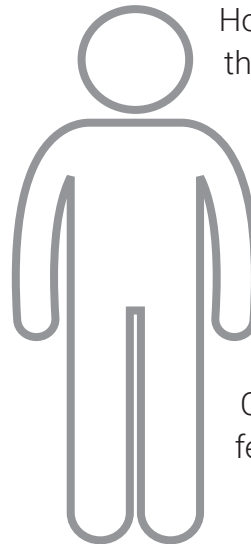


5 Write a sentence congratulating yourself for this accomplishment. Example: I'm proud of myself for working hard to learn something new!

1 WRITE YOUR LIST

Make a list of a few things that were difficult for you to do at first, but they became easier with practice and time.

3 LOOK AT YOUR DRAWING



How does it feel to think about this accomplishment?

Do you notice any pleasant or neutral sensations in your body?

Where are these feelings?

Color the body part where you feel something.

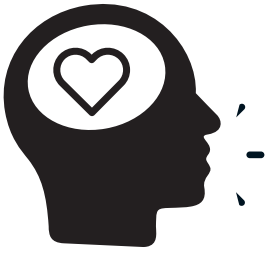
4 REFLECT FOR A MOMENT



What helped you improve?

Who helped you?

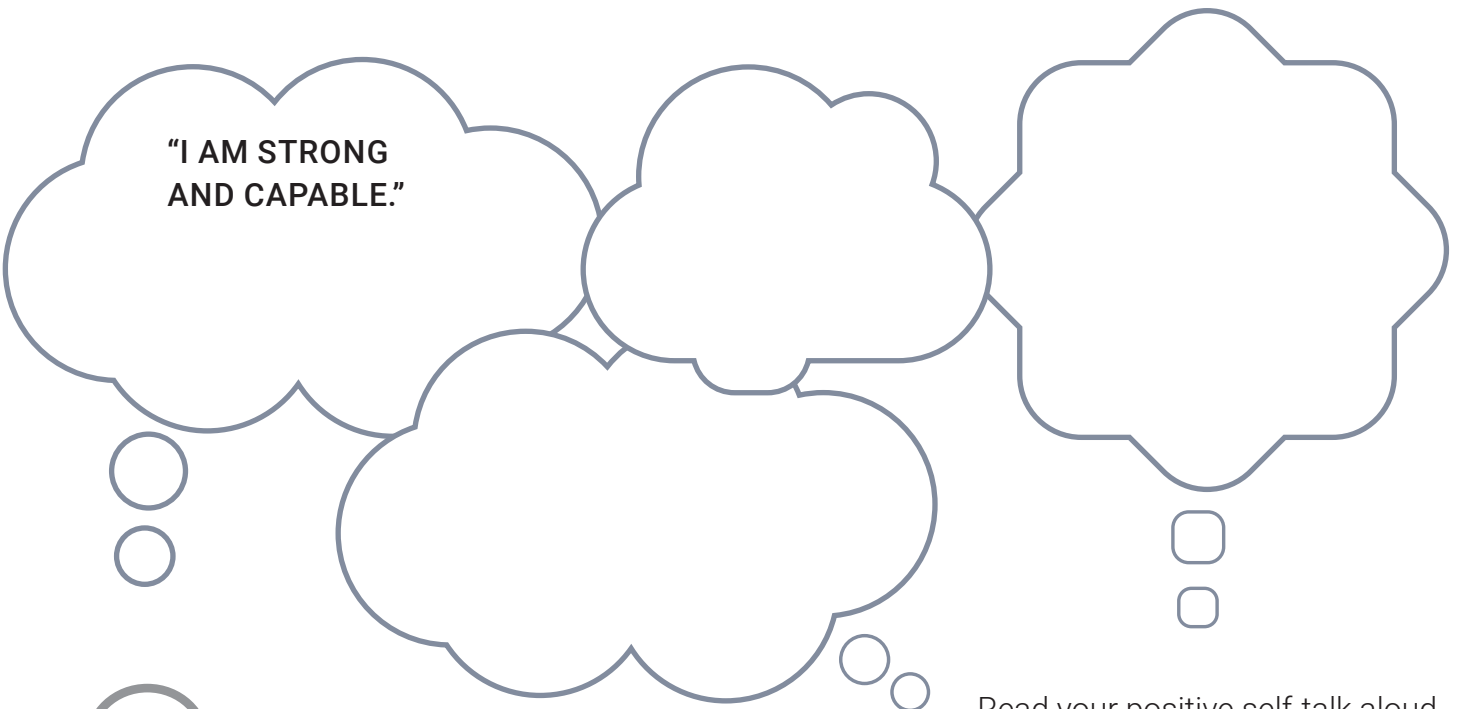
How did you help yourself?



SELF-COMPASSION THROUGH POSITIVE SELF-TALK

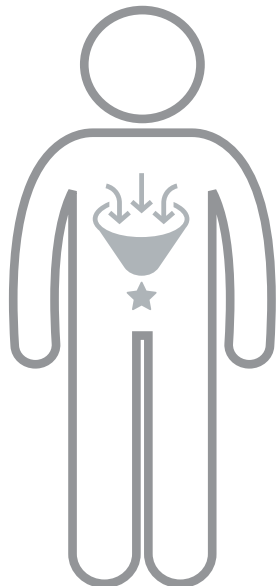
Think of a small challenge you might face today or this week. My challenge is _____

What are some positive things you can say to yourself, when something feels difficult? Write positive self-talk in the thought bubbles below.



Read your positive self-talk aloud.

Check it to make sure it sounds like something you would say to a friend.



Check in with your sensations. When you read your positive self-talk aloud, what changes do you notice in your body?

