

Self-Compassion

Journal Prompts

- Reflections, reactions, observations about your inner voice/critic

Whose voice is it? How do you usually respond? How does it impact you? How would you like to respond?

- Reflect on times you've been more or less self-compassionate

What helps you to be more compassionate to yourself? What gets in your way?

- Write a letter to yourself from the perspective of someone who loves you unconditionally

How would an imaginary, loving person talk to you about your struggles? Your failures? Your imperfections?