Self-Compassion After a Hard Day

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A person has struggled to follow their plan.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Write a truthful supportive note that acknowledges consequences without using shame.

3. What response encourages reconnection rather than hiding?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.