

Self-compassion

A Compassionate Response I Can Act On

Adults | 10 to 15 minutes

Self-compassion does not require liking everything about yourself or denying a mistake. It can begin with acknowledging that something is difficult and choosing a helpful response. If kind language feels uncomfortable, focus on a neutral, respectful action instead.

Choose an ordinary recent difficulty. Describe context, identify any responsibility, and select one action that supports repair or care.

Offer a fuller account

Name the difficulty and what contributed, including limits, pressure, missing information, or harm from others. Context can clarify responsibility without excusing harmful conduct.

Make care concrete

Consider rest, asking for help, correcting an error, setting a boundary, or seeking appropriate support. Choose an action that does not depend on immediately feeling kind toward yourself.

1. What was difficult in this moment?**2. What context matters for understanding my response?****3. What responsibility or boundary should remain clear?****4. What concrete act of care or repair could I take next?****Clinical use and adaptation**

Avoid forced warmth, self-touch, or affirmations. Adapt for trauma, shame, and cultural meaning. Do not use self-compassion to bypass accountability or imply that the client should accept blame for abuse.