



Self-Compassion Worksheet

Use this worksheet when you know you've been being hard on yourself, you need to forgive yourself for being human, or you need to remind yourself of the amazing and capable person you truly are. Write on the prompts that apply to you, without judging yourself.

I haven't been allowing myself the grace I allow others. I expect perfection or hold the bar high for myself, not leaving room for mistakes or "life happens" moments. This is how I plan to be kinder and gentler with myself moving forward, including action steps like, "I will put a sticky note with the reminder *I'm allowed to be imperfect* on my bathroom mirror,":



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I know I haven't forgiven myself for something I need to move forward from. It's holding me back and keeping me stuck. This is the thing that happened:

This is why I'm having a hard time forgiving myself (I "should" have known better, this isn't the first time this has happened, I hurt someone I love, etc.):



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This is what I would say to a friend who came to me and was in my position, needing to forgive themselves:

This is me giving myself permission to take responsibility for what happened, allow myself to be human, and forgive myself (feel free to use the same language you used above with yourself here if it's helpful):



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This is a list of three to five things, big or small, that I've accomplished and am proud of:

These are three to five adjectives that describe me that don't focus on my appearance (kind, funny, great listener, generous):