

**Noticing your internal dialogue**

When you've made a mistake, let someone down, hurt someone's feelings, done something embarrassing, what do you typically say to yourself?

**On a scale of 1 to 10 how painful/mean are your words? (circle a number)**

They are fine    1    2    3    4    5    6    7    8    9    10    Super mean!

**Noticing your external dialogue**

If someone you loved made the same mistake, let someone down, hurt someone's feelings, did something embarrassing, what would you say to them?

**On a scale of 1 to 10 how painful/mean are your words? (circle a number)**

They are fine    1    2    3    4    5    6    7    8    9    10    Super mean!

**What is the difference?**

If you speak to yourself in a different manner than you speak to others, why?

**Build your Self-Compassion Muscle - Understand Your Baseline**

List areas/topics in your life that you tend to be self-critical. (Component: Self-Kindness)

_____	_____
_____	_____
_____	_____
_____	_____

List situations or events that you either 'minimize their importance/impact' or 'exaggerate their importance/impact'. (Component: Mindfulness)

_____	_____
_____	_____
_____	_____
_____	_____

## Self-Compassion Worksheet - Unleash Your Secret Super Power

List situations or events where you feel isolated, or that you are the only one who is dealing with this thing. (Component: Common Humanity)

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### **Build your Self-Compassion Muscle - Take Action**

Listed above are areas where you struggle from the three components of self-compassion; self-kindness, mindfulness and common humanity. Please select 1-3 things that you'd like to focus on increasing your self-compassion as you build your self-compassion muscle.

I will focus on:

1. 

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2. 

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3. 

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I will take the following steps or actions to improve my self-compassion:

1. 

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2. 

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3. 

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## Self-Compassion Worksheet - Unleash Your Secret Super Power

### **Try some self-compassion tools:**

Not sure where to start? Explore some of the tools listed below to help build your self-compassion muscle:

**Write a self-compassion letter** - Explore a situation where you are being self-critical and write a letter to yourself using kind words, dealing with the actual situation, reminding yourself of your humanity.

**Practice a self-compassion meditation** - There are many 'self-compassion' specific meditations available, any meditation labeled 'Loving Kindness' is a self-compassion meditation.

**Create a self-compassion mantra for yourself** - A mantra is a word or saying that aids concentration, especially during meditation or times of challenge.

**Practice 'soothing touch'** Sometimes when we are suffering we just need some physical contact that is comforting. Hold your hand over your heart and take a few breaths, stroke your cheek, give yourself a hug.

### **Reflect on your success:**

As you've adopted a more self-compassionate approach to yourself, what is different?

Once you have completed this worksheet, please email it to [hello@dietvsdisease.org](mailto:hello@dietvsdisease.org) so it can be uploaded to your file. You are welcome to repeat the worksheet as many times as you want over the program to collate to your progress with this task.