

Self-Compassion



@itstimeforme.ie

Your Journal

Welcome to your Journal to help support you on your path to creating a deeper foundation of self-compassion. This is a space for you to take some time out in quietness to tune into yourself and your inner voice.

Safely light a candle, pour yourself some water or herbal tea and allow your thoughts and feelings to flow onto the page.

Before you begin, place one of your hands on your heart and the other hand on your belly (under your belly button) and take 10 deep and slow breaths in and out.

Today, you will begin writing a letter of compassion to yourself. In this letter I would like you to write about how wonderful you are, how many good things you do in your every day life and what you love about yourself.

Dear Me,

I am writing to myself today to remind myself how wonderful I truly am because....

I promise to begin a path of showing myself more compassion
each and every day.

Much love to me from me!

Signed: _____ Date: _____

Next, you will begin to treat yourself like you would treat a young child.

Write about how you speak to yourself.

Write about how you treat your body?

Write about what negative stuff you take on that belong to others.

Now ask yourself - would you speak to or treat a young child this way? If you would not treat or speak to a young child like that then you shouldn't be doing it to yourself.

How would you advise a friend?

Write about a situation/situations that are currently stressing you out, causing you pain, difficulty or distress.

If a friend told you about these situations how would you advise them to treat themselves during it? Would you advise them to be kind to themselves?

What does self-compassion mean to you?

Why would you like to offer yourself more self-compassion?

How can you begin to do this?