



THE CENTER FOR  
Clarity, Compassion & Contentment

*find your center*

# Self-Compassion Worksheet

1. Tune into your self-talk. What is the tone: critical or supportive? Circle the number that most reflects where you fall on the spectrum of 1=extremely critical and 10 = supportive, like a good friend to yourself.

1 2 3 4 5 6 7 8 9 10

2. What would raise that number? How can you be a better friend to yourself?

3. Can you incorporate the supportive touch into your daily routine? Find the one that best suits you and try it this week. (Examples: cupping hands, stroking arms, hand on heart). Does it bring you a sense of calm?

4. Start a journal. Writing your thoughts is a great way to express your feelings and process them in a way that can help you clear your mind, reduce stress, and it offers the opportunity for you to cultivate a more loving inner voice. Give it a try.

5. Take a break! When you are feeling exceptionally stressed or overwhelmed take a few moments to breathe and note the following:

- Recognize this is a moment of suffering. How do you feel?
- It is common to experience suffering in life.
- Think of those who may feel the same way.
- Ask yourself: What do I need right now?
- Trust that you will find a way to get through whatever you are experiencing.

For more tips, exercises, and meditations visit [www.self-compassion.org](http://www.self-compassion.org). If you have any questions or would like more information, please feel free to contact me.

**Kim Perone, Success Coach & Mindfulness Trainer**  
**The Center for Clarity, Compassion & Contentment (CENTER4C)**  
**[Kperone@center4c.com](mailto:Kperone@center4c.com), (518) 301-3593, [www.Center4C.com](http://www.Center4C.com)**