**Compassionate Mind Training Workbook**

With exercises adapted from Kristin Neff, selfcompassion.org

**Self-Criticism as a Motivator: Is it Really Helpful?**

Jot down a personal trait that you criticize yourself for having (e.g., too impulsive, too lazy, etc.) because you think that if you are hard on yourself this will help you change:

What is the most supportive message you can think of that’s in line with your underlying wish to be healthy and happy?

**Visualizing Your Compassionate Self**

Write down the qualities of your compassionate self:

**Self-Compassion Journal**

Difficult event:

Mindfulness

*Write about how you felt: sad, ashamed, frightened, stressed, etc. As you write, try to be accepting and non-judgmental of your experience, not belittling it nor making it overly dramatic:*

Common Humanity

*Write down the ways in which your experience was connected to the larger human experience. This might include acknowledging that being human means being imperfect, and that all people have these sorts of painful experiences. You might want to think about the various causes and conditions underlying the painful event:*

Self-Kindness:

*Write yourself some kind, understanding words of comfort. Let yourself know that you care about yourself, adopting a gentle, reassuring tone:*

**How Would You Treat a Friend?**

How do you respond to a close friend who is feeling bad about themselves or struggling in some way?

How do you typically respond to yourself during when you are feeling bad about yourself or struggling in some way?

Do you notice a difference? If so, why? What factors come into play that lead you to treat yourself and others so differently?

How might things change if you responded to yourself in the same way you typically respond to a close friend when you’re suffering?

**Self-Compassion in Daily Life**

The goal of self-compassion is to respond with kindness and support when we notice we are suffering in some way. We ask ourselves, “What do I need right now to take care of myself?” The simplest approach is to discover how you already care for yourself, and then remind yourself to do those things when your life becomes emotionally difficult.

PHYSICALLY – soften the body

1. How do you care for yourself physically (e.g., exercise, massage, warm bath, cut of tea)?
2. Can you think of new ways to release the tension and stress that build up in your body?

MENTALLY – reduce agitation

1. How do you care for your mind, especially when you’re under stress (e.g., meditation, watch a funny movie, read an inspiring book)?
2. Is there a new strategy you’d like to try to let your thoughts come and go more easily?

EMOTIONALLY – soothe and comfort yourself

1. How do you care for yourself emotionally (pet the dog, journal, cook)?
2. Is there something new you’d like to try?

RELATIONALLY – connect with others

1. How or when do you relate to others in a way that brings you genuine happiness?
2. Is there any way that you’d like to strengthen these connections?

SPIRITUALLY – commit to your values

1. What do you do to care for yourself spiritually (pray, walk in the woods, help others)?
2. If you’ve been neglecting your spiritual side, is there anything you’d like to remember to do?