

PRACTICING SELF-COMPASSION

Listening to our compassionate voice, instead of our inner critic, can be difficult. If you find your inner critic taking over, especially in times of stress, anxiety, and burnout, use these scripts to practice speaking to yourself compassionately, as if you were speaking to a friend.

Notice what you're feeling

"I noticed I feel _____ (emotion) about _____ (topic/tendency) and that I put a lot of pressure on myself without much self-compassion. This part of my life is really hard and a lot to figure out. May I be gentle with myself."

Validate your feelings and offer compassion

"Wow. That's a lot. I see you in your pain and your struggle. It hurts me to see you suffer. Let's consider letting go of _____ (topic/tendency) or asking for help with _____ (item on to-do list/tendency) to offer myself some ease."



EMOTIONS

Anxious
Overwhelmed
Worried
Stressed
Nervous
Upset
Disappointed
Frustrated
Annoyed
Bothered



TOPIC/TENDENCY

Event
Meeting
Deadline
Exam
Trying to be perfect
Trying to do it all
Making a decision
Setting a boundary
Saying "no"
Making plans

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