

compassionate self-care

In order to get into the habit of practicing self-compassion, list all the ways that you would treat a friend in need. Think of someone you care about very much and imagine that he or she is having a very difficult time.

What would you say?

What would you do?

Now think of yourself at a low point, when your problems seem overwhelming. Write down where you are and what you are doing.

What can you **say to yourself** that shows compassion and understanding?

What can you **do for yourself** that shows compassion and understanding?
