



# SELF-COMPASSION JOURNALLING

## DOWNLOADABLE RESOURCE

### WHAT IS IT?

Self compassion journaling is an exercise that helps us build and develop a compassionate space for ourselves through writing.

Developing self compassion for oneself has three aspects to it, first, that we are going through a difficult emotion, or are suffering through something. Second, that this suffering or experience of difficult emotion is a part of common humanity and there are many others along with us experience the same emotion, and third; providing love, compassion and kindness to the person who is suffering, including yourself as well.

### THREE STEPS

**1. Mindfulness:** This part includes writing about the suffering or difficult emotion we are currently experiencing, without judgement, and while fully accepting that we are going through something difficult right now. This will help us be more aware of our current experience and emotion, and help us acknowledge it.

**2. Common humanity:** This part involves writing about how our experience is connected to the larger human experience. This might involve us experiencing a difficult emotion, it could be sadness or anger, and acknowledging that there might be many people experiencing similar emotions. It could involve acknowledging that we are imperfect and so are people around us. To feel pain, anger, sadness and grief are common human experiences and are a part of our life, and existence.

**3. Self-kindness:** This step involves writing some words of kindness, and affection for ourselves. Some supportive words that would help us while we are suffering. Some statements that are reassuring, and would help let us know that we care about ourselves. Adopt a reassuring tone, and if it is difficult to do this, imagine a person who you find deeply supportive and write a few words they would say to you.

