

Engaging in Self-Compassion



WHY Self-Compassion

Sometimes we can be pretty critical of ourselves. We tell ourselves we aren't good enough, smart enough, fit enough, etc. If you find yourself being really critical, thinking negatively about yourself, or putting yourself down or you have a friend who is that way when they talk about themselves, this assignment will help you and your friends.

REFLECT

Answer these questions to the best of your ability. There are no right or wrong answers.

1. What does self-compassion mean to you? Feel free to explain it in words or to cut and paste an image that you feel represents self-compassion.

2. What if a friend came to you and told you that they felt like a disappointment or they were really upset with themselves about something? What would you say to this friend or what would you do?

TAKE ACTION

Now it's your time to take action. We know that self-compassion doesn't have to be this huge thing. It can be in the simple ways we talk to ourselves on a daily basis. So, for example, when we say something to someone that we feel badly about, rather than continuing to tell ourselves, "I'm such a horrible person," we just tell ourselves, "It's stressful right now. As humans we lose our temper sometimes. I can always respond differently in the future."

Now you choose. There are two different assignments that you can do for Self-Compassion. You choose the one that seems most interesting to you.

CHOICE #1: Write a letter to yourself

1. Write a letter to yourself.
2. You can hand write it or type it.
3. Here is a video that demonstrates what it might sound like.
<https://www.youtube.com/watch?v=ojUrs28LeGM>
4. You may follow the template if you don't know how to get started or just write your own version.

LETTER TO SELF-COMPASSION TEMPLATE

Dear _____ (insert name),

I understand you are feeling _____ about _____

_____.

I want you to know that I think you are a(n) _____ person (fill this in with a compliment for yourself).

You have so many strengths to get through this and they are _____

_____.

Here are some suggestions for you; _____

_____.

Please remember, you are not alone. We all are just people trying to figure life out and do the best I can.

Sincerely,

_____ (your name here)

REFLECTION:

1. How do you feel after writing a letter to yourself?
2. What was the most difficult part about writing a letter to yourself?
3. Do you think it is easier to be compassionate with yourself or with other people? Why do you think this is?

CHOICE #2: Be an internal dialogue scientist

1. Spend a day or two just studying and noticing how you speak to yourself. When you catch yourself thinking something negative, try to see if you can just respond back in your head with something compassionate like "You're doing the best you can" or "You're enough" OR try saying something like "It's hard to be human. Other people have felt the way I feel right now."
2. When you notice a thought, write it down or type it on the chart below, along with how you responded.
3. You can share this with your teacher or you can just do it for yourself and share how it went in the reflection box below.

Date	What I noticed	How I responded

REFLECTION:

1. How do you feel after writing a letter to yourself?
2. What surprised you about doing this activity?
3. Do you think it is easier to be compassionate with yourself or with other people? Why do you think this is?