A PAUSE, A PRACTICE, A NEXT STEP

Self-Compassion Exercises

Speak to yourself as someone worth caring for.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Name the hard part

Describe the experience without a label about your whole identity. Try “This conversation hurt” rather than “I ruin everything.”

01 / Notice and reflect

What am I saying to myself?

02 / Notice and reflect

What would a fair and caring response sound like?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: If self-criticism is persistent, linked to trauma, or accompanied by hopelessness or self-harm urges, seek professional support. You do not need to master this practice before asking for help.

Read more: VA Whole Health · Self-compassion

More tools and immediate support: Our Healing Room / Crisis Support.