A PAUSE, A PRACTICE, A NEXT STEP

Self-Compassion

Try speaking to yourself with care.

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 moment

Try “This is painful” or “I am having a hard day.” You do not have to fix every feeling right now.

01 / Notice and reflect

What hurts right now?

02 / Notice and reflect

What words feel kind and believable?

03 / One next step

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

When to seek help: Seek support if self-criticism feels relentless or compassion exercises bring strong distress. A therapist can adapt the practice to your needs.

Read more: VA Whole Health · Self-compassion and personal development

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

U.S. crisis support: call or text 988. In immediate danger, call 911.