

Compassion-Focused Therapy Worksheets

RAIN Mindfulness Technique

Name:

Date:

Instructions:

Follow the RAIN steps to mindfully work through a particular emotion or thought that is causing you distress.

R (Recognize)

What feeling or thought do you recognize in this moment?

A (Allow)

Can you allow this experience to be there, just as it is, without trying to change it?

I (Investigate)

What are the sensations, thoughts, and feelings you notice when you pay attention? Are there any beliefs or memories associated with this?

N (Nurture)

How can you nurture and care for yourself in this moment? Consider what words of comfort or actions might soothe you.

Reflection

What did you notice or learn from this practice?

Compassionate Letter Writing

Name:

Date:

Instructions:

You will be writing three separate letters to yourself: one to your past self, one to your present self, and one to your future self. Focus on forgiveness, understanding, and hope in each letter.

1. Letter to My Past Self

Express understanding and forgiveness for past mistakes or regrets. Acknowledge past achievements and strength.

2.. Letter to My Present Self

Show appreciation for your current efforts and struggles. Provide comfort and validation.

3.. Letter to My Future Self

Offer words of encouragement and optimism. Set intentions for self-compassion and growth.

Imagining A Compassionate Figure

Name:

Date:

Instructions:

Think of a person who embodies kind, understanding, and supportive characteristics. Imagine this person witnessing the distressing situation you described. How would they respond?

1. Who is this compassionate figure?

2. What words of comfort and encouragement have you received from them?

Compassion Formulation Worksheet

Name:

Date:

Instructions:

Outline your experiences, responses, and the potentials for compassionate understanding.

What is the event triggering distress?

What critical thoughts or beliefs surface in response to this event?

How would a compassionate friend respond to you or your situation? What compassionate understanding could you offer yourself?

Based on your compassionate understanding, what insights emerge? What actions could you take to address these challenges?

Challenging Negative Thoughts

Name:

Date:

Instructions:

Identify a negative thought and work through the steps to challenge and reframe it.

1. Write down a negative thought you have right now, or a negative thought that is constantly bothering you.

2. What are the evidence supporting this thought?

3. What are the evidence against this thought?

4. What more balanced, compassionate thought can you adopt?

5. How does adopting this alternative thought make you feel?

Self-Care Tips Worksheet

Name:		Date:	
-------	--	-------	--

Instructions:

List self-care practices that you feel will support your well-being across different aspects of your life.

Physical Self-Care

What activities will support your physical health?

Emotional Self-Care

How can you nurture your emotional well-being?

Mental Self-Care

What practices can help clear your mind and reduce stress?

Personal Commitment

Choose one action you will take this week to practice self-care.

References

Ackerman, C. E. (2017, December 1). *16 compassion focused therapy techniques & exercises (+ PDF)*. Positive Psychology. [2 Compassion-Focused Therapy Training Worksheets](#)

Welford, M. (2012). *The compassionate mind approach to building self-confidence*. Constable & Robinson. [The Compassionate Mind Worksheet](#)

Winnig, S. (n.d.). *How to practice self-compassion*. Therapist Aid. [How to Practice Self-Compassion](#)