Developing Self-Compassion DBT Worksheet

Client Name: Emily Johnson
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1. Introduction to Self-Compassion

Emily gained an understanding of self-compassion's significance for emotional well-being and personal growth.

2. Identify Self-Criticism

Emily recognized her struggles with self-criticism, particularly in academic settings, and its impact on her self-esteem.

3. Mindfulness Exercise

The mindfulness exercise helped Emily become more aware of her self-critical thought patterns and understand their automatic nature.

4. Challenging Negative Thoughts

Emily challenged self-critical thoughts like "I'm not smart enough" by introducing kinder and more realistic perspectives.

5. Self-Compassionate Letter

Emily's self-compassionate letter offered comfort and understanding, acknowledging her efforts and self-worth despite challenges.

6. Self-Compassionate Affirmations

Affirmations like "I am worthy of self-kindness" aimed to counteract self-criticism and foster a compassionate inner dialogue.

7. Self-Nurturing Actions

Emily identified practical actions to nurture herself during academic challenges, promoting self-care and emotional well-being.

8. Reflection and Progress Tracking

Emily will revisit the worksheet to track her progress in responding to self-criticism with self-compassion, celebrating successes and identifying areas for growth.

Interpretation and Assessment

Emily's engagement with the Developing Self-Compassion DBT Worksheet showcased her commitment to cultivating self-compassion. Her willingness to challenge self-criticism and practice self-kindness is a positive indicator of her potential for emotional growth. The self-compassionate letter and affirmations are encouraging steps toward changing her inner dialogue. Continued reflection and progress tracking will allow us to assess the effectiveness of these strategies and tailor our approach to further support her in building emotional resilience and self-compassion.