

# Developing Self-Compassion DBT Worksheet

Client Name:

Date:

**1. Introduction to Self-Compassion**

**2. Identify Self-Criticism**

**3. Mindfulness Exercise**

**4. Challenging Negative Thoughts**

**5. Self-Compassionate Letter**

**6. Self-Compassionate Affirmations**

**7. Self-Nurturing Actions**

**8. Reflection and Progress Tracking**

**Interpretation and Assessment**