Self-Compassion Journal ACT Worksheet

Name: _____

Instructions:

Set aside some quiet time to reflect on your thoughts and feelings. Use this worksheet to explore your experiences with self-compassion and how you can integrate them into your life.

Entry number: _____ **Date:** _____

Situation: Describe a recent situation where you felt critical of yourself or experienced negative emotions.

Emotions: Identify and write down the specific emotions you experienced in this situation.

Self-Talk: Jot down any negative self-talk or inner dialogue you noticed during this experience.

Self-Kindness: Imagine a close friend going through a similar situation. What comforting and supportive words would you say to them? Write down how you can talk to yourself with the same kindness.

Common Humanity: Recognize that you are not alone in experiencing difficulties. Everyone faces challenges. Write down a reminder that connects you to the shared human experience.

Self-Compassionate Gesture: Think of a gentle and caring gesture you can offer to yourself. It could be placing a hand on your heart, a comforting phrase, or a deep breath. Describe this gesture.

Self-Compassion Plan: Based on your reflections, outline a self-compassion plan for the next time you face a challenging situation or negative self-talk.

Notes and reflection

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