

Self-compassion Mantra ACT Worksheet

Name	Date
<p>Think about a specific situation where you tend to be hard on yourself or experience self-critical thoughts. Write down the situation and the thoughts or self-talk that arise. Be as specific as possible.</p>	
<p>Create a self-compassionate mantra that counteracts the self-critical thoughts. This mantra should be kind, understanding, and supportive. It should remind you to treat yourself with the same kindness you would offer to a friend.</p>	
<p>Practice mindfulness by observing your thoughts and emotions without judgment. When self-critical thoughts arise, take a moment to recognize them without getting caught up in their negativity. Describe how you will practice mindful awareness when self-critical thoughts arise.</p>	
<p>Incorporate your self-compassionate mantra into your daily life. Whenever you notice self-critical thoughts, repeat your mantra to yourself. Engage with it fully and let its comforting and supportive message sink in. Detail how and when you will use your self-compassionate mantra.</p>	

Commit to treating yourself with self-compassion, especially during challenging moments. Understand that self-compassion is a process, and it's okay to falter at times. Write your commitment statement to practice self-compassion.

Regularly reflect on your experience with using the self-compassionate mantra. Note any shifts in your self-critical thoughts, emotional well-being, and overall perspective. Write about any changes or insights you've noticed since using the self-compassionate mantra.

Additional notes