

SELF-COMPASSION

ACTIVITY FOR SURVIVORS

For this exercise, you will stand in front of a full-length mirror and simply look at yourself. If you're not used to doing this, it may seem uncomfortable at first, but rest assured that this is normal. Once you have acclimated to your reflection, use this worksheet to list some of the positive qualities you see in yourself. Some may be physical qualities while others may be related to your emotional, social, or intellectual qualities. Try to come up with qualities in each category. If doing this seems easy to you, challenge yourself to think of qualities that may be more difficult to appreciate.

Physical

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Emotional

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Social

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Intellectual

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____