
SELF-COMPASSION

WORKSHEET FOR SURVIVORS

Instructions

Think of a recent situation where you noticed your inner dialogue as negative or critical. Use the boxes below to briefly explain the situation and the negative self-talk you had, then challenge yourself to think of ways you could handle the situation with a more positive and compassionate inner dialogue.

Situation

Negative Self-Talk

Positive Self-Talk

Situation

Negative Self-Talk

Positive Self-Talk