

5 Journal prompts to cultivate

Self-Compassion

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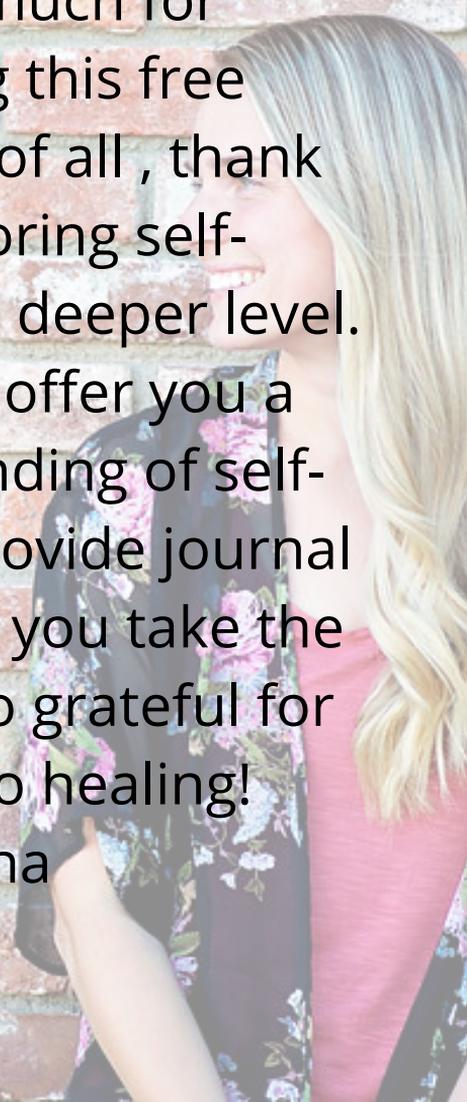


Welcome

Thanks so much for downloading this free handout. Most of all, thank you for exploring self-compassion on a deeper level.

This guide will offer you a basic understanding of self-compassion + provide journal prompts to help you take the ideas further. So grateful for you. Here's to healing!

-Hanna



The benefits of self-compassion

Research shows practicing self-compassion results in **less** depression, anxiety, stress + shame and **more** happiness, life satisfaction, self-confidence and physical health.

Source: The Mindful Self- Compassion Workbook.



What is self-compassion?

In simple terms, Self-Compassion is treating yourself as you would a friend who is struggling.

There's 3 main pillars of self compassion. They include:



"sometimes we need to comfort + soothe ourselves for how hard it is to be a human being"

The 3 pillars

Self Kindness: The practice of being as caring to ourselves as we are to others. We are supportive + aim to protect ourselves.

Common Humanity: Recognizing that all humans are flawed, make mistakes, struggle + experience hardships.

Mindfulness: Being aware of the moment + all thoughts + emotions that comes with it, without avoiding or pushing them away.



Journal Prompt One

Close your eyes + imagine a close friend going through a struggle.

How would you respond to your friend in this situation? Notice what you would say. What your tone would be. Notice how you would try to support them.

Next, think back to a time where you struggled, fell short or felt like you didn't "succeed". How did you respond to yourself in this situation? What did you say? What was your tone?

Journal what thoughts came to mind. What differences did you notice between the two?

Journal Prompt Two

Take some time to explore any beliefs you have around the practice of self-compassion. This could include fears, thoughts and concerns.

Next, write down how your beliefs have been shaped by your past and culture? What did the people in your life show you about self-compassion. How was or wasn't it modeled growing up?



Journal Prompt Three

In this prompt we are going to explore the Yin and Yang of self-compassion. The Yin of self-compassion includes comforting (providing support for emotional needs), soothing (physically calming) + validating (kind + gentle words). While the Yang is protecting (feeling safe from harm), providing (knowing + meeting our needs) + motivating (with kindness, support + love).

Explore what areas of self-compassion you feel more drawn to in this moment? What is it you are needing most in this moment?

Journal Prompt Four

Brainstorm a list of ways that you can begin to practice self-compassion in your life. Below are a list of some examples.

Tuning in to your body + meeting it's needs

Setting boundaries

Asking for help or support

Sitting with uncomfortable emotions

Offering permission to take breaks or say no

Connecting with those you care about

Forgiving self

Movement that honors your bodies needs

Pausing + being still

Validating + welcoming all parts of you

Journal Prompt Five

Explore: What gets in the way of practicing self-compassion? What am I already doing that is working well for me?



Well done!

Wonderful job digging deeper, + exploring different aspects of self-compassion. It takes courageous action to heal, explore + grow. This is a life long journey. So grateful to have you a part of this community.

-Hanna

For more...

Follow along for more insight + education on my blog at www.hannakuyper.com

