

OFFER KINDNESS TO YOURSELF

Mindful Self Compassion

This 5 minute exercise can quiet the critical voice in your mind and offer you a sense of connection with others.

Response to Loved One

Remember a time when a loved one was suffering or struggling. What did you say to that person? What tone of voice did you use?

Response to Self

Think about a time when you were suffering or struggling. What did you say to yourself? What tone of voice did you use?

Gratitude Practice

Your critical voice is the negative narrative that likely was apparent in the last step. Take a moment to thank your critical voice. Your gratitude doesn't suggest the voice is right or acceptable - it just acknowledges that it exists.

Flip the Script

Take a moment to offer yourself the same kindness and compassion that you offered your loved one in the first step.

OFFER KINDNESS TO OTHERS

*Offering kindness to others makes them feel good, makes us feel good,
and strengthens our sense of connectedness.*

**List 5 "normal"
day-to-day activities:**

**List ways to add an
element of kindness:**

The worksheet consists of two columns of five green brushstroke boxes each. Five teal arrows point from the left column to the right column, indicating a flow of information or a connection between the two columns.