

Self-Compassion Table

Comforting	What can I do to take care of my emotional needs?
Soothing	What can I do to make myself feel physically calmer?
Validating	What can I say to myself to validate my own emotions?
Protecting	What can I do to stop others, or myself, from hurting me?
Providing	What can I do to give myself what it is that I need?
Motivating	How can I motivate myself with kindness, rather than criticism?