



Self-Compassion Journal Prompts

For the part of you that's been holding it together for a long time

Self-compassion is not letting yourself off the hook. It's the thing that makes change possible, because shame is an awful teacher. Pick one prompt. Write badly. Nobody is grading this.

"I unlearned the shame and stopped identifying with the pain that came from being different."



You do not have to earn rest.



Start here

What am I being hardest on myself about this week?

If a close friend told me the same thing, what would I say to them?

Whose voice is the criticism in? Is it actually mine?





Go a little deeper

What did I need back then that I didn't get?

What was this pattern protecting me from at the time?

What would it cost me to keep believing I have to earn rest?

Come back to now

One thing I handled well recently, even imperfectly:

One kind sentence I'm willing to try saying to myself:

If writing kind things to yourself feels fake, that's information, not failure. Start with neutral: "This is hard, and I'm doing something about it."

