

DEVELOPING  
*Self-Compassion*



1. WHAT IS SOMETHING YOU WISH TO CHANGE ABOUT YOU?

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2. WRITE THE REASONS YOU WANT TO CHANGE THIS.

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3. WHAT WOULD BE DIFFERENT IF YOU WEREN'T THIS WAY?

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4. WHY DO YOU THINK YOU ARE THIS WAY?

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5. WHAT WOULD IT LOOK LIKE TO HAVE COMPASSION FOR YOURSELF IN THE MOMENTS YOU ARE THIS WAY?

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6. WHAT ELSE IS TRUE ABOUT YOU? (OPPOSITE OF WHAT YOU'RE CURRENTLY BELIEVING)

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7. INSTEAD OF WISHING TO BE DIFFERENT, WHAT WOULD IT LOOK LIKE ACCEPT & LOVE YOURSELF AS YOU ARE?

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8. MAKE A LIST OF AT LEAST 12 THINGS YOU LIKE AND APPRECIATE ABOUT YOURSELF.

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