

Self-Compassion & Awareness Quick Reference

When I notice myself becoming emotional, anxious, overwhelmed, or self-critical...

1. STOP AND PAUSE

- ✓ Take a slow breath in through my nose.
- ✓ Slowly exhale.
- ✓ Place a hand on my heart.
- ✓ Give myself a self-hug or use butterfly tapping.
- ✓ Remind myself: "I am safe in this moment."

2. WHAT AM I FEELING?

- ☐ Anxiety
- ☐ Fear
- ☐ Sadness
- ☐ Shame
- ☐ Frustration
- ☐ Disappointment
- ☐ Overwhelm
- ☐ Other: _____

What happened?

3. THOUGHTS ARE ALLOWED

A thought is not a fact. A feeling is not a fact. I can notice a thought without giving it 15 minutes of my attention.

What thought just showed up? _____

- ✓ Yes
- ✓ Working on it

Helpful reminders:

- I can think a thought without overthinking a thought.
- I can notice a worry without feeding a worry.

4. WHAT IS MY INNER CRITIC SAYING?

- ☐ I shouldn't feel this way.
- ☐ I'm being ridiculous.
- ☐ I'm too sensitive.
- ☐ I should be stronger.
- ☐ I should be handling this better.
- ☐ I'm not enough.
- ☐ Something is wrong with me.
- ☐ Other: _____

5. WHAT WOULD I SAY TO A FRIEND?

Can I offer myself even 10% of that same kindness?

- ☐ Yes
- ☐ Maybe
- ☐ Not Yet

6. COMPASSIONATE REFRAME

- ♥

I'm too sensitive → I feel deeply and care deeply.
- ♥

I shouldn't be crying → My emotions are allowed.
- ♥

I'm not enough → My worth is not determined by how perfectly I handle difficult moments.
- ♥

I should be over this → Healing and emotions do not follow a schedule.

7. REGULATE, DON'T RUMINATE

- ✧

4 slow breaths
- ✧

Self-hug
- ✧

Butterfly tapping
- ✧

Feet firmly on the floor
- ✧

Name 5 things I can see
- ✧

Listen to calming sounds
- ✧

Take a brief walk
- ✧

Stretch my body
- ✧

Drink water

8. TODAY'S REMINDERS



Feelings are not weaknesses.



Emotions are not emergencies.



I do not have to earn compassion.



I can have a thought without chasing it.



I can have a feeling without judging it.



I can be human and still be enough.