SESSION to LIFE

Self-Compassion Journal

Respond to yourself the way you would to someone you care about.

Date: _____

Something that has felt hard lately:

What I would say to a friend going through this:

Can I offer those same words to myself? I write them here:

Something I did well, even if it was small:

A reminder I want to carry with me:

Educational resource only. Not a substitute for individualized mental health treatment. In crisis (US): call or text 988.