**Self-Compassion Journal Week 3 onwards**

In your journal, continue to write down anything that brought up difficult emotions for you, anything you felt bad about, anything you judged yourself harshly for, or any difficult experience. (e.g perhaps you got angry at a waitress at because she took forever to bring the bill, said a rude comment and left without leaving a tip. Afterwards, you felt embarrassed)

For each event, use mindfulness, a sense of common humanity, and kindness to process the event in a more self-compassionate way.

**Mindfulness**

This will mainly involve bringing awareness to the painful emotions that arose due to your self-judgment or difficult circumstances. Write about how you felt: sad, ashamed, frightened, stressed, and so on. As you write, try to be accepting and non-judgmental of your experience, not belittling it nor making it overly dramatic. (For example, “I was frustrated because she was being so slow. I got angry, over-reacted, and felt foolish afterwards.”)

**Common Humanity**

Write down the ways in which your experience was connected to the larger human experience. This might include acknowledging that being human means being imperfect, and that all people have these sorts of painful experiences. (“Everyone over-reacts sometimes, it’s only human.”) You might also want to think about the various causes and conditions underlying the painful event. (“My frustration was exacerbated by the fact that I was late for my doctor’s appointment across town and there was a lot of traffic that day. If the circumstances had been different my reaction probably would have been different.”)

**Self-Kindness**

Write yourself some kind, understanding, words of comfort. Let yourself know that you care about yourself, adopting a gentle, reassuring tone. (It’s okay. You messed up but it wasn’t the end of the world. I understand how frustrated you were and you just lost your cool)

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