

SELF-COMPASSION ACTION PLAN



Self-compassion is a way of being present, understanding, and kind to yourself when you're feeling emotional pain. It involves 3 components:

1. recognizing and naming that you're hurting
2. reminding yourself that this feeling is a shared human experience
3. choosing to do something caring or soothing for yourself

Use the spaces below to create your personal self-compassion action plan.

Write at least one thing that would be helpful to say to yourself the next time you're experiencing emotional pain:

Write at least one caring action you can take:

Keep this list someplace easy to see and practice these at least once in the next day.

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