

How Self-Compassionate Are You?



This self-compassion worksheet will help you to assess how self-compassionate you are. We know that reflecting on our lives and experiences through the use of reflective practice can profoundly assist us in developing our self-compassion. The research conducted shows that to measure our self-compassion we need to consider the following aspects of our lives:

How kind are you to yourself?

When asked this question, please consider the ways in which you show kindness to yourself on a daily basis:

- Do you respond to yourself with warmth and understanding when something goes wrong in your life or do you extend harsh judgement and criticism towards yourself instead?
- Take a few minutes to consider how you act towards yourself when you are feeling tired or finding life challenging. Do you allow yourself time to rest and relax or do you push yourself harder, making demands of yourself that you find hard to fulfill?
- When someone pays you a compliment, do you say thank you and appreciate that they noticed your contribution or do you tend to dismiss their positive feedback?

Practising self-compassion helps us to show kindness towards ourselves when life feels tougher than usual or we are struggling in some way. You can reflect on your self-kindness here:

How connected do you feel to others?

When asked this question, please consider the ways you feel connected to the people around you on a daily basis.

- Do you feel as if there are people who understand how you are feeling and you can turn to when things feel difficult or do you feel isolated from others?
- Take a few minutes to consider to what degree you appreciate that every aspect of your life is similar to that of others, even if you don't know them personally.
- Do you feel connected to the community you live in or on the outside looking in?
- Do you look for opportunities to make connections with the people who you work with or meet regularly in various situations or do you hold yourself back and keep yourself to yourself?
- How well do you recognise that you, as a human being, are connected to the whole human race spanning the globe?

Practising self-compassion allows us to recognise that we are never alone, even during the difficult times in life. You can reflect on your common humanity here:

How able are you to be mindful in the moment?

When asked this question, please consider the ways that you are able to be present in the here and now.

- Do you spend a lot of time thinking about the past and wishing you could change it or are you able to accept that the past is behind you and can't be changed?
- Do you spend a lot of time worrying about the future and all the things that may happen or are you able to accept what will come and know that you have the resources to cope if things prove challenging?
- Take a few minutes to consider how you allow your feelings to be present, without judging yourself for feeling the way you do, recognising that having a full range of emotions is a perfectly normal part of being human.
- Are you able to focus on your breathing to bring your attention to the present moment or do you rush through life without noticing what is going on around you or within you?

Practising self-compassion helps us to be fully present in the moment and accept whatever experience or feeling it may bring. You can reflect on your mindfulness here: