

Practising Self-Compassion

Recovery can be uncomfortable. Compassion is not giving up; it is responding to difficulty without adding punishment or shame.

What am I being hard on myself about?

What words am I using towards myself?

Would I speak this way to someone I cared about?

What has been difficult about this situation?

What might I need rather than criticism?

What would a compassionate response sound like?

What am I doing that deserves recognition?

A kinder sentence I can practise is...
