

Self-compassion thought record

PAUSE • SOFTEN • SUPPORT



Respond to difficulty with warmth, perspective and practical care

Self-compassion is not excusing everything or pretending pain is small. It means meeting a difficult moment without adding attack or shame.

1

THE MOMENT

What happened? What felt painful, threatening or disappointing?

2

MY INNER RESPONSE

What thoughts, images, emotions and body sensations appeared?

3

COMMON HUMANITY

How is this an understandable human response? Who else might struggle here?

4

A COMPASSIONATE VOICE

What would a wise, caring person say - honestly, gently and without judgement?

5

SUPPORTIVE ACTION

What do I need now: soothing, protection, boundaries, repair, rest or connection?

A PHRASE I CAN TAKE WITH ME

Compassion can include seeking help, changing a situation and protecting your needs.

Space to Breathe Therapy | Maggie Learoyd
