

Practicing Self-Compassion When Things Go Wrong



Why is This Skill Important?

Self-compassion **helps you recover from setbacks, stay motivated, and treat yourself with kindness instead of self-criticism.**

Why Might You Struggle With This?

- I am hard on myself when I make mistakes.
- I struggle to forgive myself when things don't go as planned.
- I compare myself to others and feel like I'm not doing enough.
- I don't know how to practice self-kindness.



ACTIVITY

Practice Self-Compassion

When facing a setback, try one of these **self-compassion techniques**:

- Speak to Yourself as You Would a Friend:** What would you say to a friend in your situation?
- Take a Self-Care Break:** Give yourself permission to rest and reset.
- Reframe Self-Talk:** Instead of "I failed," try "I'm learning and growing."
- Focus on What You Did Well:** List three things you handled well, even in a difficult situation.

Setback Faced	Harsh Self-Talk	Self-Compassionate Response	How Did It Feel?



Developing Your Self-Compassion Strategy

What is one way you can be kinder to yourself when things don't go as planned?

How can you remind yourself that setbacks are part of growth?

What self-care habit can you implement when facing challenges?



Reflection Question

How can practicing self-compassion help you stay motivated and resilient during setbacks?
