

Self-Compassion Reflections

In what ways do you show compassion for the mistakes you have made in life?

What is one of your “growing edges” (the places where you are still struggling) in regards to experiencing self-compassion?

Please write about 2 ways you treat other people more kindly than you treat yourself.

What do you think about the idea that having compassion for yourself will actually help you to make the changes you want to make in your life?

Work with the Ten Steps to Self-Forgiveness in these next ten days. Then complete the following:

Step 1: Name one person, animal, imaginary friend, tree or other natural being, or a being from the spiritual realm who is your inner protector.

Step 2: From the perspective of the inner protector, list at least 5 of your good qualities.

Step 3: Choose one incident for which you would like to forgive yourself (start with something small; not the worst thing you have ever done). What happened?

What was in your mind at the time?

What was the relevant context and history that led to this incident?

What were the results – for yourself and others?

Step 4: What are the facts that are hard to face about this incident?

Step 5: Did this incident arise out of a moral fault, unskillfulness or something else?

Step 6: In an honest way, take responsibility for your moral fault(s) and unskillfulness.

Please write: I am responsible for _____, _____ and _____.

Let yourself feel it. Then add to yourself: But I am not responsible for _____, _____ and _____.

Step 7: What have you already done to learn from this experience, and to repair things and make amends?

Let this sink in. Appreciate yourself. What, if anything, remains to be done?

Let it sink in that you're doing it, and appreciate yourself for this too.

Step 8: Check in with your inner protector: Is there anything else you should face or do?

Step 9: Actively forgive yourself. I forgive myself for

Step 10: Go through one or more of the steps above again and again to truly forgive yourself. Allow the experience of being forgiven to take some time to sink in. Help it sink in by opening up to it in your body and heart, and by reflecting on how it will help others for you to stop beating yourself up.