

CHANGING MINDS WITH YOUTH

Self-Compassion: *What It Is, Where It Comes From, and How We Can Practice It*

Manual and Workbook

Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

Compassion

Compassion is recognizing the distress, pain, and suffering that someone is experiencing and being willing to take action to help them through it.

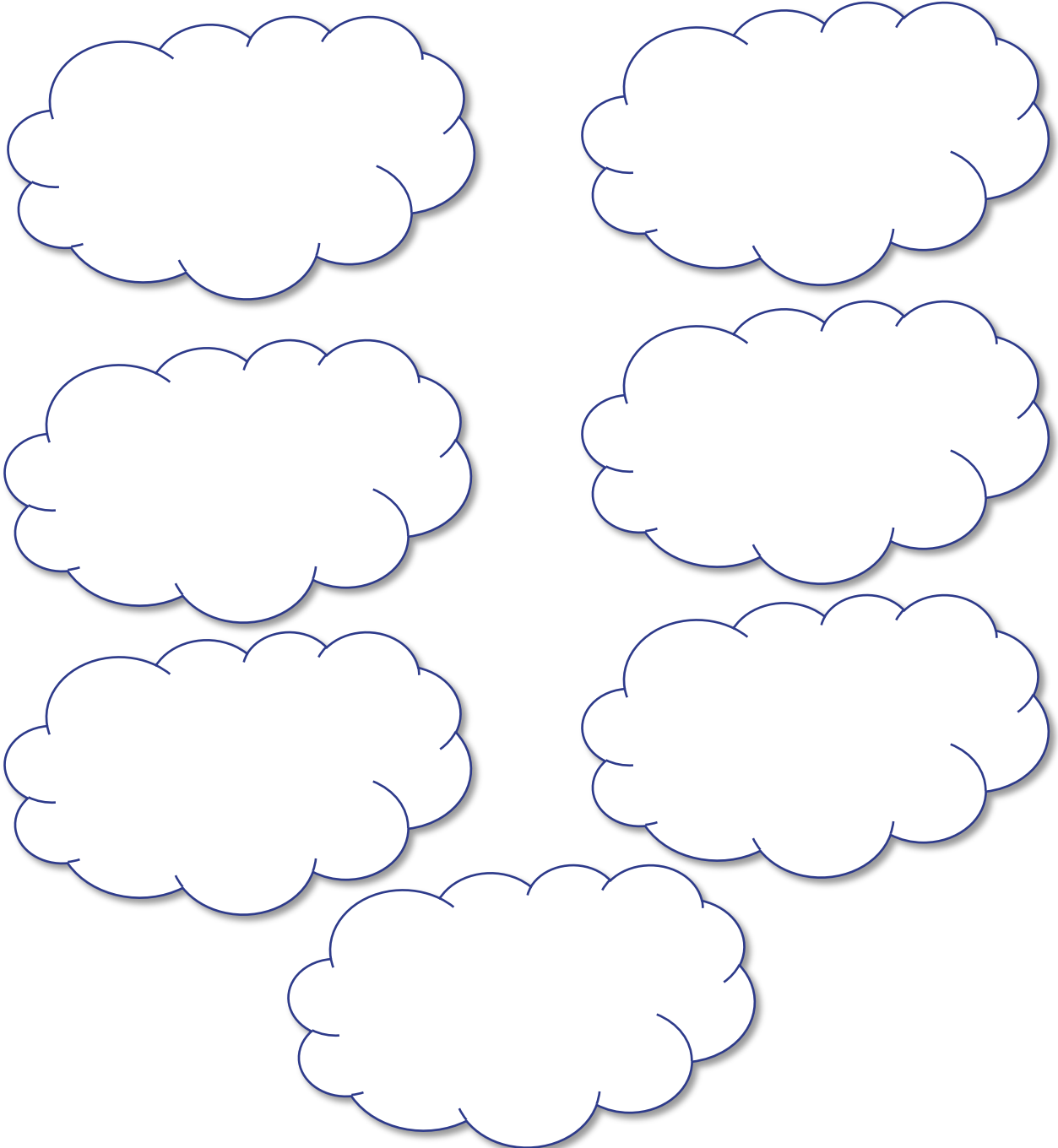
Examples:

- Motivating someone
- Helping someone cross the street
- Giving up your seat on the bus to someone else
- Sharing your umbrella with someone
- Donating clothes to a homeless shelter
- Buying a meal for someone in need
- Holding the door open for another person

Can you think of other examples? Write them here.

Activity #1 Compassion Challenge

Compassion means being concerned about other people when they are suffering or having a hard time. Set a seven-day compassion challenge. Think of seven ways you can show compassion to people.

The form consists of seven identical, empty cloud-shaped thought bubbles arranged in two columns. The left column has three clouds, and the right column has three clouds. A fourth cloud is positioned at the bottom center, overlapping the bottom of the two clouds in the right column. Each cloud is a simple outline with a scalloped edge, intended for writing down ideas for a seven-day compassion challenge.

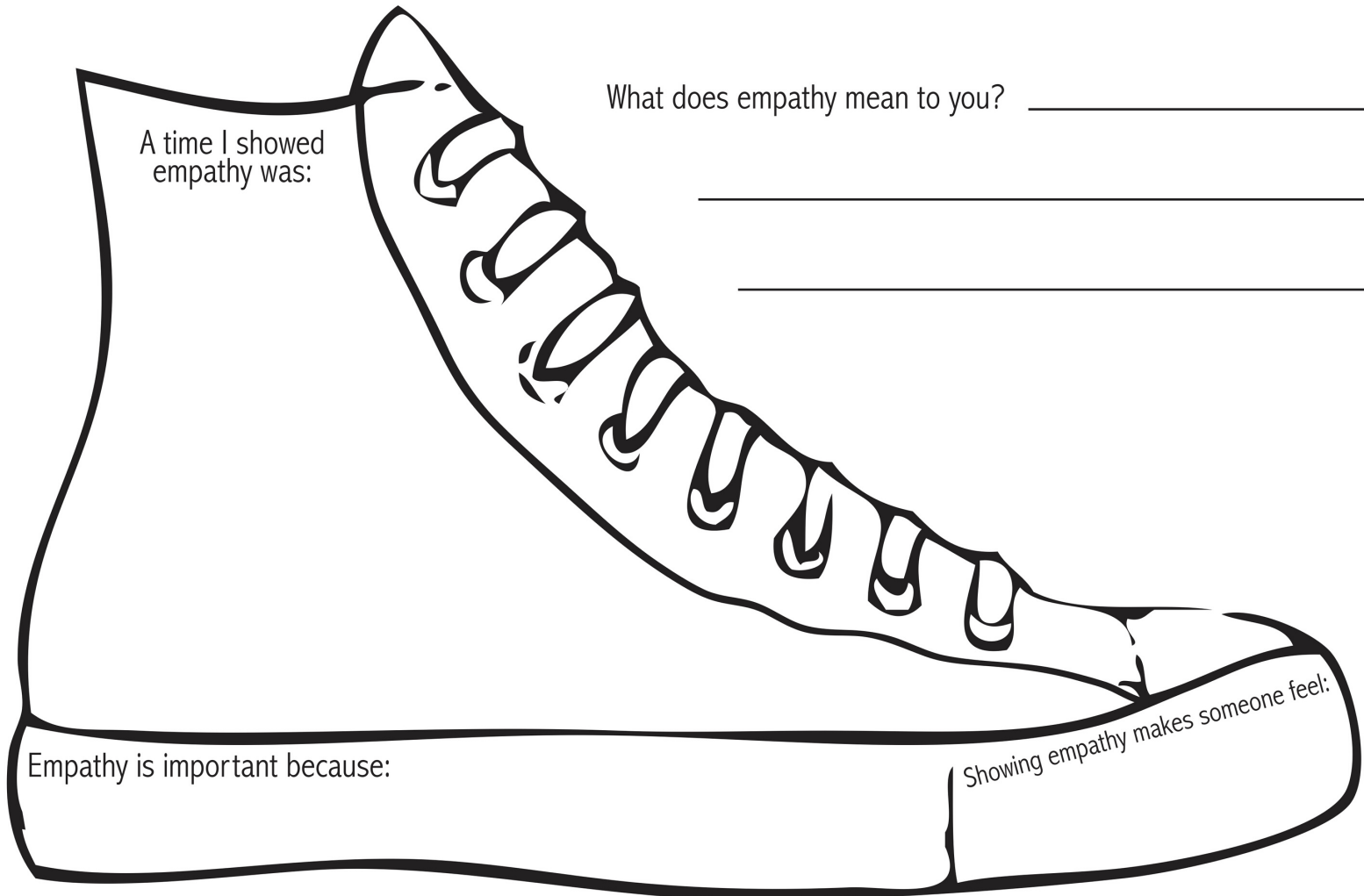
What is Empathy?

Empathy is the ability to imagine, sense, and/or feel the emotions as experienced by someone during their time of difficulty.

Empathy is the ability to put yourself in the shoes of another person and to feel what they may be feeling.

EMPATHY & COMPASSION

Seeing things from another's perspective creates empathy. It is like walking in someone else's shoes. When was a time you showed empathy?



A time I showed empathy was:

What does empathy mean to you? _____

Empathy is important because:

Showing empathy makes someone feel:

Self-compassion

Self-compassion is the ability to have a positive attitude towards oneself during difficult and challenging times.

It's being kind to yourself during personal failure—by accepting and honouring your humanness.

Can you think of other examples of self-compassion?

A large, empty rectangular box with a thin blue border, intended for the user to write their response to the question above. The box is centered on the page and occupies most of the lower half of the page.

Activity #3 Change That Talk!

Describe a self-critical thought:

What would you say to a family member who had this thought?












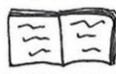













What would you say to a friend who had this thought?

What do you say to yourself when you have this thought?

What differences do you notice?

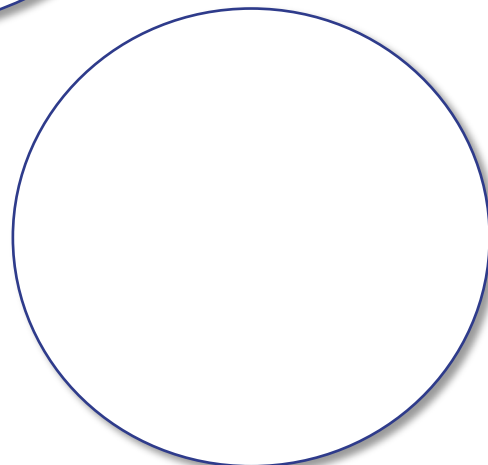
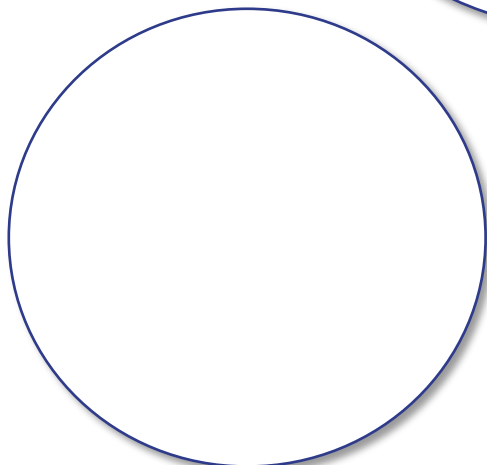
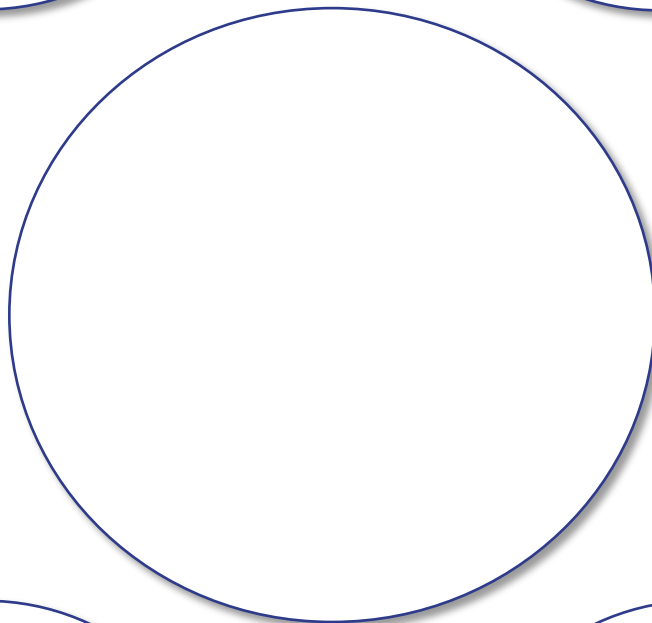
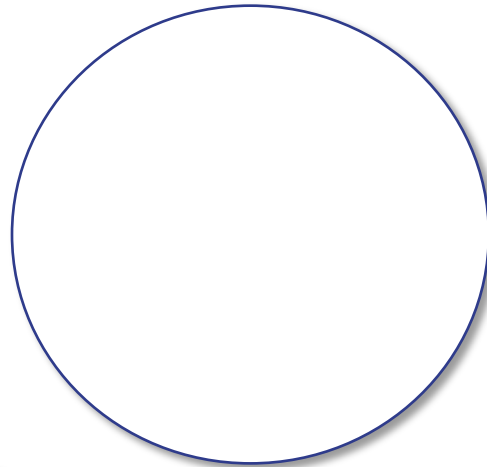
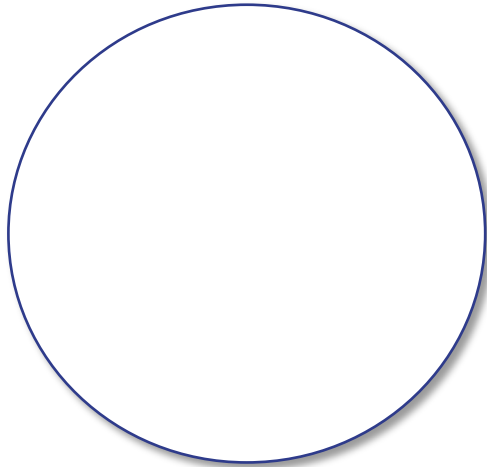
Practice self-compassion. What will you now say?

How to Show Compassion to Yourself

Physical "soften the body"	Mental "reduce agitation"	Emotional "soothe and comfort"	Relational "connect with others"	Spiritual "commit to your values"
exercise 	meditate 	journal 	meet with friends 	pray 
sleep 	watch a comedy 	daily gratitude 	send a thank you card 	walk in nature 
Massage 	read a book 	deep breathing 	play a board game 	help others 
a warm bath 	draw 	visualise a peaceful image 	join a club 	practice yoga 
a cup of tea 	do a puzzle 	Listen to soothing music 	give a compliment 	go on a retreat 

Vision Board

Self-Love: What do acts of self-love look and feel like to me?



Self-Care with Compassion

How will you take care of yourself today?



Self-Compassion Maintenance Plan

Self-care is an important part of self-compassion. Consider what you do now for self-care and list those activities within each dimension of self-care. Identify new strategies that you will begin to incorporate as part of your ongoing self-compassion maintenance plan. On this worksheet, pay particular attention to sections you may not have addressed in the past.

<p style="text-align: center;">MIND</p> <p>How do you care for yourself mentally?</p> <p>Current practice:</p> <p>New practice:</p>	<p style="text-align: center;">EMOTIONS</p> <p>How do you care for yourself emotionally?</p> <p>Current practice:</p> <p>New practice:</p>
<p style="text-align: center;">BODY</p> <p>How do you care for yourself physically?</p> <p>Current practice:</p> <p>New practice:</p>	<p style="text-align: center;">SPIRIT</p> <p>How do you care for yourself spiritually?</p> <p>Current practice:</p> <p>New practice:</p>

References

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Brown, B. (2006). Shame resilience theory: A grounded theory study on women and shame. *Families in Society-The Journal of Contemporary Social Services* 87(1), 43-52.

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