

# Journal Prompts for Self-Compassion

- Can I recall the things I did right today (big or small)?
  - What is something I need right now and how can I give it to myself?
  - Did I engage in any activities that make me feel good or recharged?
  - How did I feel today? Do I judge my feelings and if yes, can I acknowledge them as something that gives me feedback regarding what needs to heal within me, what I need or what needs to change?
  - Were there any moments where I judged myself harshly and what action can I take to show myself more compassion in such situations?
  - If I made a mistake, can I recognize the intent or the reason behind it instead of being self-critical? If applicable, can I take accountability for that mistake in a healthy way without self-blame or beating myself up for it?
  - How do I talk to myself throughout the day? Would I talk to the people who are close to me in the same way I talk to myself?
  - Who are the people in my life I trust and feel connected to? What is something I can do to strengthen this connection further?
  - Do I need to set boundaries with someone in my life? What is one small action I can take to set boundaries with this person without feeling guilty?
- (Please note: this does not apply to people who are in extremely abusive or dangerous situations where setting certain boundaries is very unsafe. A different approach is needed in those situations.)
- What are some of my goals for the future? Can I take one small step that would move me closer to my goals?