Journal Prompts for Compassion 🌿

Identify Your Inner Critic

What negative messages do you frequently tell yourself? Where might these messages originate?

Challenge the Critic

For each negative message, write a compassionate counterstatement.

Recall a Judgmental Encounter

Describe a recent situation where you felt judged. How did it affect you? What would a compassionate response look like?

Self-Compassion Letter

Write a letter to yourself offering kindness and understanding for a recent mistake or shortcoming.

Gratitude Reflection

List three things you appreciate about yourself today.