

TRUE-U

Developing Self-Compassion

A gentle workbook to help you develop a kinder, more understanding relationship with yourself.

Self-compassion involves treating yourself with the same care and understanding you would offer to someone you care about.

1. Noticing Your Self-Talk

What do you say to yourself when things go wrong?

2. Recognising Your Inner Critic

When does your inner critic appear? What does it sound like?

3. Emotional Impact

How does this way of speaking to yourself make you feel?

4. Practising Kindness

What would you say to a friend in this situation? How could you say that to yourself?

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5. Understanding Your Needs

What do you need in moments of difficulty or distress?

6. Reframing Your Thoughts

How could you respond to yourself in a more compassionate and supportive way?

7. Self-Compassion in Action

What small act of kindness can you offer yourself today?

8. Moving Forward

How can you continue practising self-compassion in daily life?
