

Worksheet: Self-Acceptance Through Self-Compassion

Negative self-talk can reinforce self-doubt and unrealistic expectations. Practicing self-compassion helps you shift from self-criticism to self-kindness, supporting a healthier relationship with oneself.

Use the template in this worksheet to identify self-critical thoughts, reframe them with a compassionate perspective, and then write a supportive affirmation to support your new thoughts. See the examples in the table below to gather inspiration for your own chart, reframing one thought each day for the next week.

Day	Self-Critical Thought	Reframed Thought	Affirmation
Mon	"I messed up at work; I'm so incompetent."	"Everyone makes mistakes. I'm learning and growing."	"I am enough just as I am."
Tue	"I can't keep up with everything; I'm failing."	"It's okay to ask for help and take breaks when needed."	"I am doing my best, and that is enough."
Wed	"I don't look as good as others; I feel unattractive."	"Beauty comes in all forms, and I have my own unique charm."	"I am beautiful inside and out."
Thu	"I shouldn't have said that in the meeting; I always mess up."	"It's okay to make mistakes; I can learn from this experience."	"I am a valuable contributor, and my voice matters."
Fri	"I'm not successful enough compared to my peers."	"Success is personal, and I'm on my own unique path."	"I am proud of my journey and progress."
Sat	"I didn't get everything done today; I'm so disorganized."	"It's okay to have off days; I can try again tomorrow."	"I am capable, and I trust myself to achieve my goals."
Sun	"I'm not a good enough friend; I should do more."	"Friendship isn't about perfection; it's about being there when it matters."	"I am a caring and supportive friend."

Self-Acceptance Through Self-Compassion Exercise

Day	Self-Critical Thought	Reframed Thought	Affirmation
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			