

Gentle Reframe

Self-Compassion 🕒 3–5m

- Close your eyes and name the thought that's hurting you
- Ask: "Would I say this to a friend?"
- Rephrase it with kindness — even if you don't fully believe it yet
- Write or whisper your new version

Purpose:

Rewires inner dialogue patterns toward care instead of criticism.

Reset Cue:

"You're allowed to speak gently — especially to yourself."



Say One Kind Thing

Self-Compassion 🕒 2m

- Look into the mirror or close your eyes
- Put a hand over your heart
- Say one kind, honest sentence: "You're doing your best."
- Repeat it with a softer tone

Purpose:

Interrupts harsh thoughts with a physical gesture of kindness.

Reset Cue:

"Self-kindness isn't weakness – it's repair."



Worthy of Ease

Self-Compassion  Flexible

- Sit or lie down without doing anything
- Let go of all "shoulds" for 5 minutes
- Say aloud: "I don't need to earn rest. I'm already enough."
- Breathe slowly, eyes closed

Purpose:

Builds trust that you are worthy even without productivity.

Reset Cue:

"You don't need to prove your worth — just let it be."



Gentle Narrative Shift

Self-Compassion 🕒 10 minutes

- Write the "story" your inner critic is telling
- Cross out blame or shame words
- Rewrite it from the lens of compassion and learning
- End with: "This is how I'm growing."

Purpose:

Shifts self-perception from judgment to growth.

Reset Cue:

"You can be both imperfect and worthy."



Write as Your Own Friend

Self-Compassion 🕒 15 minutes

- Find a quiet, cozy spot with a notebook or device
- Write a short letter to yourself as if you were your most loving friend
- Include empathy, validation, and hope
- Read it aloud slowly, then sign it with your name — and mean it

Purpose:

Creates emotional distance from shame and invites belonging.

Reset Cue:

"You deserve the same compassion you give to others."

