

SELF- COMPASSION JOURNAL



10 DAYS OF SELF-COMPASSION

~ A Journaling Tool ~

“The antidote for shame is compassion.”

Shame is developed in childhood through traumatic experiences of being rejected for who we are or being unloved. This is because we are wired for love, and for safe and secure connections with others. Shame is rooted in our need for social connection.

This is why the antidote to shame is compassion! Practicing self-compassion for ourselves and receiving compassion from others will help build our capacity for shame resilience.

Shame thrives when it is hidden, so it may lead us to isolate ourselves when we experience shame triggers instead of reaching out. Being able to talk about our shame with a safe person and experiencing empathy and acceptance from another can help us experience the compassion needed to help our shame.

Furthermore, we experience compassion for ourselves when we can feel empathy for ourselves as we give voice to our story and validate the pain that we have experienced in childhood. This leads to giving yourself the compassion that you never received growing up and it is an essential part of healing from traumas.

Often, it is much easier to have compassion for others than for ourselves. We tend to be too hard on ourselves. But we can learn to develop self-compassion over time. One way to do this is to take time to journal and reflect.

We hope that this 10-Day Self Compassion Journal would be helpful for you.

You can be as detailed or brief as you like as you respond to the journaling prompts. What is important is taking some time each day to start practicing compassion towards ourselves.

(Adapted from ThriveSg – check out more helpful posts on their Instagram: [thrivesg.tribe](https://www.instagram.com/thrivesg.tribe))



ARTIST'S NOTE

Hi, my name is Cecilia, and I live in Melbourne, Australia.

In May 2022, I was finally able to go on my long-awaited long service leave (after being delayed for 2 years by COVID-19). One of the places I travelled to was Tasmania, in the south of Australia. Filled with magnificent mountains, peaceful lakes, long windy roads and colourful coastlines, I spent 2 weeks driving and hiking across the island. What I thought was a simple holiday became an opportunity to slow down, rest and reconnect with God and myself. Often, I would stop at a scenic spot next to a lake or inside a warm café, and I would spend some time writing down my observations and thoughts. Slowly, I felt myself unwind enough to begin acknowledging and processing some of the thoughts and emotions I'd accumulated in the last few years. I didn't know it at the time, but it was a place where I learnt to have compassion on my tired self.

As I considered what to draw for this journal, I decided to recreate some of the places I visited during that beautiful journey through Tasmania. May they evoke in you the same sense of wonder and peace I felt as I wandered through these places.

Love Cecilia
xoxo



DAY 1:

Describe a good day.

How would you spend a full day doing only things that make you feel relaxed, happy and fulfilled? Choose one or two of those things to do this weekend.





Cape Bruny Lighthouse



DAY 2:

Write about a moment where you showed confidence and courage instead of fear. What made you feel that way?



DAY 3:

Who would be someone who inspires you to have compassion for yourself?
From whom have you experienced compassion? (This person or character can
be real, imagined, dead or alive or even imaginary from a book or movie.)





Hartz Mountains National Park



DAY 4:

Write about the time you failed at something,
and the lesson you learned from that experience.



DAY 5:

Consider a personality trait that you like about yourself. Why do you like it?
What is one thing you admire about yourself? What do you like about it?





*The Boat Shed at Dove Lake,
Cradle Mountain National Park*



DAY 6:

What makes you unique and special? Inspiring? Interesting?



DAY 7:

What is one thing or more you would like to forgive yourself for?





Bay of Fires



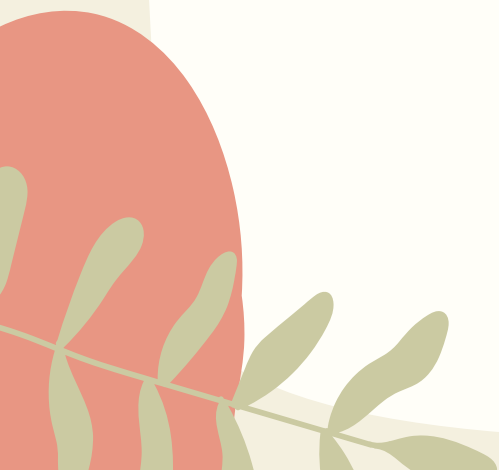
DAY 8:

Jot down 3 great compliments you've received. How did they make you feel?



DAY 9:

Write a letter to yourself from 5 years ago.
What advice and encouragement would you give that person?
Describe to him/her how you have grown in the past few years.





Royal Tasmanian Botanical Gardens



DAY 10:

Write a letter to yourself 5 years in the future. Honestly describe what your life is like right now. Then tell your future self what you hope your life will be like then and what things you are doing now to set yourself up for then, but reassure your future self that it's okay if everything isn't as you hoped.



RESOURCES:

- <https://positivepsychology.com/self-love-exercises-worksheets/>
- <https://www.calminggrace.com/self-compassion-journal-prompts/>
- <https://www.dreamingbydusk.com/blog/journal-prompts-for-self-compassion>

