

# 10 WAYS TO SHOW SELF-COMPASSION

1. List the things you keep blaming yourself for that cause you **pain**
2. Speak out loud to each one that you **forgive** yourself and let it go
3. List the perceived **flaws** you feel you have in your body
4. Speak out loud to each one of these flaws and tell them you **accept** them because they are yours and you love yourself just as you are
5. List names of those you feel have hurt you and never **apologized**
6. Speak out loud to the hurts you feel they caused you and for each one say I **forgive** you for.....
7. Make a list of **positive affirmations** to remind yourself of how amazing you are when old thoughts crop up
8. Make a list of **challenges you've overcome** and how you overcame them so you can use that strategy for tough times in the future
9. Consider **meditation** as a way to relieve stress in your life and look to your diet to improve overall health
10. Speak to your **fears** and tell them “some may be there to protect me, but I love who I am and I will be ok anyway”



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