

Session 2, Week 2: Self-Compassion Journal

Ontario Caregiver Organization, SCALE Program

At some point during the day when you have a few quiet moments, review the day's events. In your journal, write down anything that you felt bad about, anything you judged yourself for, or any difficult experience that caused you pain. For each event use:

Mindfulness

Write about your emotions in the moment of the event. As you write, try to be emotionally descriptive, accepting, non-judgmental and curious of your experience.

Common Humanity

Write down the ways in which your experience was connected to the larger human experience. Including acknowledging that:

- being human means being imperfect,
- there were various external circumstances that may have contributed to the painful event. ("My frustration was exacerbated by the fact that I was late for my doctor's appointment across town and there was a lot of traffic that day. If the circumstances had been different my reaction probably would have been different.")

Self-Kindness

Write yourself some kind words of comfort. Perhaps what a caring family member or friend would tell you in such a case. Let yourself know that you care about yourself, adopting a gentle, reassuring tone. (It's okay. You messed up but it wasn't the end of the world. I understand how frustrated you were, and you just lost it. Maybe you can try being extra patient and generous to any wait-staff this week...")

[illegible]