

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

Self-Compassion Workbook

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general mental health and wellbeing information.

The exercises in this workbook are designed for self-reflection and personal development. They are not a substitute for professional medical, psychological or therapeutic advice.

If you are experiencing significant mental health difficulties, please seek support from your GP or another qualified healthcare professional.

If you or someone else is at immediate risk of harm, contact your local emergency services immediately.

By using this workbook, you acknowledge that you are responsible for your own wellbeing and decisions.

© Safe Haven Connect CIC

🌐 safehavenconnect.org

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 1 – What Is Self-Compassion?

Self-compassion means treating yourself with the same kindness, understanding and patience that you would offer to someone you care about.

Everyone makes mistakes.

Everyone has difficult days.

Being kind to yourself doesn't mean giving up—it means recognising that you're human.

♥ When things go wrong, I usually...

- ☐ Blame myself
- ☐ Criticise myself
- ☐ Feel guilty
- ☐ Feel ashamed
- ☐ Withdraw from others
- ☐ Speak kindly to myself
- ☐ Try to learn from the experience
- ☐ Ask for support
- ☐ Other:

♥ If my best friend was in my situation, what would I say to them?

♥ Now, could I say those same words to myself?

♥ Remember

You deserve the same kindness and understanding that you freely give to others.

🌐 safehavenconnect.org

♥ Safe Haven Connect CIC · Supporting your mental health and wellbeing.

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 2 – Recognising Your Inner Critic

We all have an inner voice.

Sometimes it encourages us, but sometimes it becomes overly critical and unfair.

Learning to recognise your inner critic is the first step towards developing a kinder relationship with yourself.

♥ My inner critic often says...

- ☐ "I'm not good enough."
- ☐ "I always get things wrong."
- ☐ "I'm a failure."
- ☐ "Nobody understands me."
- ☐ "I'll never change."
- ☐ "I'm not worthy."

☐ Other:

♥ How do these thoughts make me feel?

☐ Sad

☐ Anxious

☐ Ashamed

☐ Frustrated

☐ Hopeless

☐ Angry

☐ Other:

♥ A kinder way of thinking

Instead of saying...

I could remind myself...

♥ What evidence do I have that I'm doing my best?

♥ Remember

Your thoughts are not always facts.

You can learn to replace harsh self-criticism with understanding, encouragement and compassion.

Speak to yourself as you would speak to someone you truly care about.

 safehavenconnect.org

♥ Safe Haven Connect CIC · Supporting your mental health and wellbeing.

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 3 – Practising Self-Kindness

Being kind to yourself doesn't mean ignoring challenges or pretending everything is perfect.

It means recognising that you're doing the best you can with the knowledge, energy and resources you have today.

Self-kindness helps us recover, learn and keep moving forward.

♥ Today I will choose to...

- ☐ Speak kindly to myself.
- ☐ Accept that nobody is perfect.
- ☐ Forgive myself for mistakes.
- ☐ Celebrate small achievements.
- ☐ Take a break when I need one.
- ☐ Ask for help if I need it.
- ☐ Treat myself with patience.
- ☐ Focus on progress rather than perfection.

♥ Three kind things I can do for myself today

1.

2.

3.

♥ A kind message to myself

Write something encouraging that you can read whenever you're having a difficult day.

♥ How did showing myself kindness make me feel?

♥ Remember

Being compassionate towards yourself isn't a weakness.

It's a strength that helps you cope with life's challenges and continue growing.

Treat yourself with the same care, patience and understanding that you would offer someone you love.

 safehavenconnect.org

♥ Safe Haven Connect CIC · Supporting your mental health and wellbeing.

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 4 – Letting Go of Perfection

Perfection isn't possible.

Trying to be perfect can leave us feeling exhausted, disappointed and never "good enough."

Progress is far more important than perfection.

Learning to accept "good enough" can reduce pressure and help you move forward with greater confidence.

♥ I sometimes put pressure on myself to...

- ☐ Never make mistakes.
- ☐ Please everyone.
- ☐ Always be productive.
- ☐ Get everything right.
- ☐ Hide my emotions.
- ☐ Never ask for help.
- ☐ Other:

♥ What happens when I expect perfection?

- ☐ I feel stressed.
- ☐ I procrastinate.
- ☐ I avoid trying.
- ☐ I become overwhelmed.
- ☐ I lose confidence.
- ☐ I criticise myself.
- ☐ Other:

♥ A healthier way of thinking

Instead of expecting perfection...

I can remind myself that...

♥ One thing I will allow myself to do imperfectly this week

♥ Remember

Mistakes don't mean you've failed.

They mean you're learning.

Progress comes from taking action—not from waiting until everything is perfect.

You are enough exactly as you are, while still allowing yourself to grow.

Everyone makes mistakes.

Holding onto guilt or regret for a long time can make it harder to move forward.

Self-forgiveness doesn't mean saying that everything was okay. It means accepting what happened, learning from it and allowing yourself to grow.

 Is there something I'm finding difficult to let go of?

 What did I learn from this experience?

♥ If someone I cared about made the same mistake, what would I say to them?

♥ Can I offer myself the same understanding?

☐ Yes

☐ I'm trying

☐ Not yet

☐ I'm not sure

♥ A Letter of Forgiveness to Myself

Dear Me,

♥ Remember

You cannot change the past.

But you can choose how you treat yourself today.

Forgiving yourself is not about forgetting what happened.

It's about allowing yourself the opportunity to heal, grow and move forward with kindness.

You deserve compassion, including from yourself.

 safehavenconnect.org

♥ Safe Haven Connect CIC · Supporting your mental health and wellbeing.

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 6 – Accepting Yourself

Self-compassion begins with accepting yourself as you are today.

You don't have to be perfect to be worthy of kindness, respect and care.

Accepting yourself doesn't stop you from growing—it gives you a stronger foundation to grow from.

♥ Things I appreciate about myself

☐ I care about others.

☐ I keep trying.

☐ I am honest.

☐ I am kind.

☐ I am resilient.

☐ I am learning.

☐ I am creative.

☐ I am supportive.

☐ I have overcome challenges.

☐ Other:

♥ Three strengths I have

1.

2.

3.

♥ Something I appreciate about myself today

♥ One thing I'd like to accept instead of criticise

♥ Daily Affirmation

"I am enough just as I am. I can continue to grow while treating myself with kindness, patience and compassion."

♥ Remember

Accepting yourself doesn't mean giving up on becoming the person you want to be.

It means recognising your value today, while continuing to learn, grow and move forward.

You deserve your own kindness every single day.

🌐 safehavenconnect.org

♥ Safe Haven Connect CIC · Supporting your mental health and wellbeing. ♥

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 7 – Speaking to Yourself with Kindness

The way you speak to yourself matters.

Negative self-talk can affect your confidence, mood and wellbeing. Learning to replace harsh words with compassionate ones can make a real difference over time.

Remember, you don't have to believe every negative thought that enters your mind.

♥ I often say to myself...

☐ "I'm not good enough."

☐ "I always fail."

☐ "I'm a burden."

☐ "I should be better."

☐ "I'll never change."

☐ Other:

♥ A kinder response could be...

Instead of saying...

I could say...

♥ Three encouraging things I can remind myself

1.

2.

3.

My Daily Self-Compassion Statement

Write one sentence you can read every morning.

Remember

The words you use with yourself shape how you see yourself.

Choose words that encourage you, support you and help you grow.

You deserve the same kindness, patience and understanding that you would offer someone you care about.

Be your own supporter, not your harshest critic.

 Safe Haven Connect CIC · Supporting your mental health and wellbeing .

 SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 8 – Receiving Kindness from Others

Sometimes it's easier to show kindness to others than it is to accept kindness ourselves.

Allowing yourself to receive support is an important part of self-compassion.

Remember, asking for help is a sign of strength, not weakness.

 When someone offers help, I usually...

- ☐ Accept it
- ☐ Say "I'm fine" even when I'm not
- ☐ Feel guilty
- ☐ Worry about being a burden
- ☐ Find it difficult to ask for help
- ☐ Appreciate the support
- ☐ Other:

 People who support me

Write down people you can turn to when you need encouragement.

1.

2.

3.

♥ One way I can let someone support me this week

♥ A Thank You Reflection

Think of someone who has shown you kindness.

What did they do?

How did it make you feel?

♥ Remember

You don't have to face life's challenges alone.

Accepting kindness from others doesn't make you weak—it reminds us that everyone needs support sometimes.

You deserve care, compassion and support just as much as anyone else.

🌐 safehavenconnect.org

♥ Safe Haven Connect CIC · Supporting your mental health and wellbeing.

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 9 – Daily Self-Compassion Practice

Self-compassion is a skill that grows with practice.

Taking just a few minutes each day to reflect can help you build a kinder relationship with yourself over time.

Remember, every small act of kindness towards yourself matters.

♥ Today I am feeling...

☐ Happy

☐ Calm

☐ Hopeful

☐ Anxious

☐ Stressed

☐ Tired

☐ Sad

☐ Overwhelmed

☐ Other:

♥ One thing I did well today

♥ One challenge I faced

♥ How can I show myself kindness today?

☐ Take a break

☐ Speak kindly to myself

- ☐ Go for a walk
- ☐ Eat a healthy meal
- ☐ Drink enough water
- ☐ Get some rest
- ☐ Spend time doing something I enjoy
- ☐ Ask for support
- ☐ Other:

My Reflection

Today I want to remember...

Remember

You are doing the best you can with what you have today.

Be patient with yourself.

Celebrate your progress.

And remember that you deserve kindness every single day.

Treat yourself with the same compassion you would offer someone you love. 

 safehavenconnect.org

 Safe Haven Connect CIC · Supporting your mental health and wellbeing.

 SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 10 – My Self-Compassion Action Plan

Congratulations on completing this workbook.

Self-compassion is not about being perfect—it's about treating yourself with kindness, patience and understanding, especially during difficult times.

Use this page to create a simple plan to continue practising self-compassion every day.

 Three Ways I Will Be Kinder to Myself

1.

2.

3.

 When I'm Having a Difficult Day, I Will...

☐ Take a few slow breaths.

☐ Speak kindly to myself.

- ☐ Remember that difficult feelings pass.
- ☐ Ask someone I trust for support.
- ☐ Take a short break.
- ☐ Do something that helps me relax.
- ☐ Focus on one small step.
- ☐ Remind myself that I'm doing my best.

My Personal Reminder

Write a message you can come back to whenever you need encouragement.

My Self-Compassion Promise

"I choose to treat myself with kindness, patience and understanding. I accept that I am human, that I will make mistakes, and that every day is another opportunity to learn, grow and care for myself."

Signature: _____

Date: ____ / ____ / ____

Final Thoughts

Being compassionate towards yourself doesn't mean you'll never have difficult days.

It means you'll face those days with greater kindness, resilience and understanding.

Remember that you deserve the same care and compassion that you so often give to others.

Thank you for using this workbook.

Explore more free workbooks, tools and wellbeing resources at:

 safehavenconnect.org

© Safe Haven Connect CIC

 Supporting your mental health and wellbeing, one kind step at a time.