



My Self Compassion Action Plan

My triggers: What triggers distress, suffering or self criticism for me?
Situations, people, thinking about the past/future, or experiencing certain emotions or sensations.

My warning signs: What signs indicate I need to be more compassionate?
Thoughts, emotions, behaviours?

My action plan: Things I need to do when I am struggling....

1. Slow breathing (longer exhale than inhale)
2. Use my compassionate image which
is.....
.....
3. Keep doing steps 1 & 2 until I begin to feel signs of calming
4. Practice self compassionate thinking, talk to myself like I would a friend if they were in the same situation; What I am feeling is ok - everyone feels like this sometimes ; Mistakes are what makes us human; You did the best that you could in that situation.
5. Take care of myself by doing one of my self soothing activities
6. If I am still struggling, I can journal or write a kind letter to myself
7. If I am still struggling, is there any small step that I can take that feels manageable to create a solution to what is bothering me
8. I know that all feelings will pass. I am safe and secure.