

Self-Compassion Script

Read this when you feel overwhelmed, inadequate, or self-critical.

This is a space to breathe.
You don't need to have it all figured out.
You're allowed to be human.

Speak these words to yourself:

I am doing the best I can with what I know and what I have.

Right now, it's okay to feel what I feel.

I don't need to push it away or pretend it's not there.

I'm allowed to struggle.

Struggle doesn't mean I'm failing, it means I'm human.

I offer myself kindness instead of criticism.

I offer myself understanding instead of shame.

May I give myself the same compassion I would offer a dear friend.

I am not alone in this. Others have felt this way, too.

This moment is hard, but it won't last forever.

I can take a deep breath.

I can be gentle with myself.

I can begin again.

Print and keep this somewhere visible, on your mirror, desk, or nightstand.
Read it when your inner critic gets loud.



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