

Self-compassion monitoring diary

Showing yourself compassion is hard to do when you are in a cycle of self-critical thinking or worn down by shame for past behaviours or ongoing difficulties. This is why we need to start responding differently when we believe we have messed up or upset someone. By recognising patterns we can start to respond differently. This will eventually become a new strategy for regulating emotions.

S-C = self-compassionate

Situation	Reaction	Response to reaction	S-C alternative
Son wouldn't do what I asked him	Snapped at him & stormed off	Felt really bad with myself for losing control. Glass of wine to calm down	I can repair this. I am not a bad person.. Think of compassionate image

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