

Be Kind to Yourself

When you live with pain, it's easy to be hard on yourself. You may blame yourself, feel weak, or think you should be doing more. But remember: you are doing your best, and you deserve kindness.

Why It Matters

- Being harsh on yourself increases stress, which can make pain worse.
- Self-kindness calms your mind and body, lowering tension.
- Treating yourself with compassion helps you heal and stay motivated.

How to Practice Self-Kindness

- Look in the Mirror – Imagine you are speaking to a loved one. Say something kind to yourself.
- Give Yourself a Hug – Remind yourself that you've been through a lot, and you're still standing.
- Reframe – Instead of 'Things are so bad,' say, 'I'm working through challenges, and things can improve.'
- Take Breaks Without Guilt – Resting is part of healing, not weakness.
- Notice the Good – Every day, point out one small thing you did well.

Goal

Self-kindness is not weakness. It is strength. By treating yourself with compassion, you reduce stress, support healing, and make life with pain more manageable.

Self-Kindness Reflection Page

Use this page to practice being kind to yourself. Write a few sentences for each prompt.

Reflection 1

1. Situation I struggled with today:
2. What I first told myself:
3. A kinder response I can give myself:
4. How I felt afterward:

Reflection 2

1. Situation I struggled with today:
2. What I first told myself:
3. A kinder response I can give myself:
4. How I felt afterward:

Reflection 3

1. Situation I struggled with today:

2. What I first told myself:

3. A kinder response I can give myself:

4. How I felt afterward: